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Competition authority rules out fuel cartel

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Specialists call for anti-smoking law revision

A revision of the recently implemented anti-tobacco law, which was introduced in Portugal on January 1st, 2008, and prohibited smoking in public places such as restaurants and shopping centres, is being demanded by public health specialists after 678 official complaints were made last year, and only 10 fines were actually issued. (See Page 5)

Escudo would have served Portugal better

Almost two-thirds of Portuguese interviewed by European researchers have this week said they believe the escudo would have served and protected the country better against the economic and financial crisis. (See Page 7)

Vatican wanted Portugal move

It emerged this week that the Vatican had selected Portugal during the Second World War as a new home for the Pope in the event of a Nazi invasion and conquest of Rome. (See Page 56)

Weekend weather

Lisbon: Besides a slight chance of an early morning shower on Sunday, Lisbon will have a bright and mild weekend. **Faro:** Little cloud cover is expected this weekend, and temperatures will continue to sit in their early twenties. **Oporto:** Similarly, the north will experience good weather this weekend, with maximum temperatures moving into their late teens though nights will remain cool.

Upcoming holidays in Portugal

Saturday April 25 and Friday May 1. Some shops and offices may be closed.

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Increase in crime sees inadvertent boost in number of traffic fines

CRIME PAYS

Since the beginning of the year Portugal's police force has reaped more than €21 million in fines. The first two months of this year brought in a further €5.2 million when compared to January and February 2008. This increase has been directly associated to a rise in crime and a more intense surveillance of Portugal's roads. On a daily basis, Portugal's drivers are handing over a staggering average of €363,000 in fines. And even though the majority of former-GNR officers have in recent weeks pledged to protest against the recent re-shuffle of officers by refusing to issue fines, there has been a 32 per cent growth in intake entering the force's safes.

Crime, see p. 2



Radar set up by the GNR to control speeding motorists. (Photo: Lusa / Tiago Petinga)

THE PORTUGAL
News



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Contacts

Postal Address: Apt 13 • 8401-901 • Lagoa

Courier: Rua Município de S. Domingos • Urb. Lagoa Sol • Lote 3 r/c • 8400-415 Lagoa

Tel: 707 500 655

Newsdesk: 707 500 655

Sales: 707 500 677

Classified: 707 500 646

Fax: Gen 707 941 201 • Sales: 707 942 053

Email: info@the-news.net • sales@the-news.net

Web: www.the-news.net

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Production Team

Publisher: Paul Luckman • publisher@the-news.net

Editor: Brendan de Beer • newsdesk@the-news.net

Production: Madeline Luckman • copy@the-news.net

Journalists: Carrie-Marie Bratley • Tommy Broad

Classifieds: Rebecca Andrade

Paws & Claws: Raquel Salbany

Preview: Raquel Salbany

Travel: Sherry Hughes

Photos: LUSA • Press Association • Portugal News

Sales Team

Sales Manager: Bella Talhadas • 914 393 736

Area Managers:

Lisbon, Estoril, Cascais, Sintra • **Bella Talhadas**

Alvor, Lagos, P. da Luz, Aljezur • **Marilyn Holmes** • 914 863 604

Guia, Alcantaral - Faro • **Kelly Barrett** • 912 583 439

Loulé, Quinta do Lago, Vale do Lobo - Ayamonte

Tom Chapman • 912 583 188

Support

Accounts: Gaby Rodrigues

Subscriptions: Samantha Hoather

Subscriptions

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Water confusion reaching boiling point



The deadline for a little-known, year-old law that stipulates anyone who has a private water supply must officially register it before May 31st or face a minimum €25,000 fine, is fast approaching, even though the majority of the regional population still has no idea this law actually exists.



A well in a private garden.

It was brought to the attention of *The Portugal News* this week by a concerned British resident from Alferce, Monchique, who himself had learned of the situation through simple village hearsay.

A notification posted in the local post office seemed to confirm fears that the requirement may indeed be true.

The notification advised that for more information, residents should consult the ARH – Administration of Regional Hydrographs – website (www.arhalgarve.pt).

On the Portuguese-only website, an article posted on Sunday March 1st entitled '*Registo de utilizações hídricas é*

obrigatório' ('Registry of water equipment is obligatory') reads: "According to Decree-Law number 226A/2007, dated March 31st (2007), all owners and tenants of properties that have water resource equipment must apply for respective usage licences by May 31st 2009".

Therefore, this law has in fact been in existence for nearly 12 months, though has remained largely obscure until now.

On the website it continues "This requisition is compulsory for all land owners on which water equipment is used and not legalised, such as wells, scoop-wheels, bore-holes, mines, ponds, lakes, dams, or residual water collectors (for example, cesspools)".

Anyone who fails to declare usage of any of the aforementioned water resources that are not legal could be fined if caught using them after May 31st.

Private, individual property owners could be fined between €25,000 and €37,500; collective set-ups could be penalised by anything between €60,000 and €2.5 million.

To the majority of land owners this requirement is still unclear; in many cases even unknown. But it has, nevertheless, among those who have found out about it, caused huge frustration.

The lack of information regarding deadlines and the respective procedure, which was described by a resident as a "slipshod arrangement", has incensed those who learn of it.

The Portugal News spoke to João Prudêncio, press advisor for the ARH, who, when questioned exactly what had been done to alert the Algarve as to the impending changes, admitted "probably, not enough".

Faced with the fact there may be hundreds, if not more, land owners across the region who may be thrown into a panic because of the apparently severe and costly law, many of whom are foreign, he said there are also "many Portuguese" who probably did not fully understand the law either.

João Prudêncio said that "next week" he would "issue a press release to remind people there is one month left" to register their water equipment.

The Portugal News did, however, learn that in some municipalities notifications (in Portuguese) had been placed in city halls, local parishes and post offices.

An employee from Alferce Parish Council said that, for a fee, they could take care of the neces-

sary paperwork and submit it to the relevant institutions.

It is necessary to complete an initial request form, which can reportedly be obtained either from city halls or parish councils, or can be downloaded from the ARH website. Legal documents both personal and for the property, such as ID cards, birth certificates, residency permits, property deeds, and irrigation maps if the land is used for agricultural purposes are required.

If the water supply needs an engine to be pumped, paperwork stating the capacity and size of the engine is also required.

The employee admitted "many people still don't know" what is happening regarding this issue. She said that anyone who opts to enlist a parish council to help them with the procedure should "come prepared".

After speaking to Silves City Hall on Wednesday April 22nd,

The Portugal News also contacted the 'Viver Serra' Association, in that municipality, who had given their services and facilities for two days so ARH employees could assist the general public, taking care of their paperwork and clarifying the situation.

How many people knew of this is unclear, but on that day, before 13h00, 230 cases had been processed. A source from 'Viver Serra' explained how hectic the situation was and said anyone needing more information should contact ARH.

A FAQ (Frequently Asked Questions) sheet sent to The Portugal News from the ARH appeals to land owners to initiate proceedings as soon as possible, "to avoid last-minute congestion".

For more information see website: www.arhalgarve.pt, or phone: (+351) 289 889 000.

Crime, from p.1.

In January and February 2008 the GNR took €16.6 million in fines, whereas this year those same months earned them €21.8 million.

Paulo Flor, a spokesperson for the PSP, reassured the public that the police force has not consciously reinforced repression nor is there a deliberate hunt for fines.

He did, however, explain that there has been a rise in police activity regarding road and vehicle control, largely due to the rising sense of insecurity that has spread throughout the country in recent times.

As well as detecting offending drivers the extra police activity targets criminals on the run, drug traffickers, transporters of illegal weapons and other types of illegal activity that take place on Portugal's roads.

It has also been reported

that the number of random road blocks and vehicle checks will continue to rise.

During the first quarter of this year 229,943 vehicles were checked by police, who documented 96,861 offences or irregularities and, in comparison to the same period of the previous year, saw an increase of 3,121 fines.

The most common offences committed on Portugal's roads are still drink-driving, speeding and using mobile phones while behind the wheel.

Some observers have also suggested that the increased police presence on national roads has been responsible for the drop in the number of fatalities caused by traffic accidents.

Figures from the National Road Safety Authority ANSR showed that in 2008 there was a 9.6 per cent drop in the number of road deaths, in comparison to 2007; 82 fewer cases.

Competition authority rules out fuel cartel



The Competition Authority (CA) this week released its long-awaited report on the price of fuel in Portugal. Despite fuel companies tending to follow the example of dominant retailer Galp in increasing or cutting prices, the CA ruled no indications of foul play existed.

The report, ruling out any illicit practices read: "In Portugal, in the period 2004 to 2008, the average price of fuel before taxes tended to adjust themselves in accordance with variations of international prices, with a delayed reaction of four to five weeks in diesel and five to six weeks for unleaded fuel 95".

"Parallel behaviour was noted, but this in itself does not indicate a concerted effort to keep prices the same", the report added.

An inquest into the existence of possible fuel cartels was ordered last year when the Portuguese Government, concerned over the apparent synchronised increases by major fuel companies almost on a weekly basis, opted to order the Competition Authority to conduct an in depth analysis to either confirm or rule out fuel price fixing in Portugal.

Fuel retailers at the time joined the growing chorus of criticism against the incessant increases ordered by fuel suppliers in the country.

The Portuguese Fuel Retail Association (ANAREC) has already indicated they suspect foul play.

ANAREC chairman Augusto Cymbron has charged that the price hikes were "scandalous" in that fuel companies appear to be taking advantage of the unstable economic climate to line their own pockets.

"When you look at the case of BP, which in the first quarter of 2008, saw their profits soar by 63 percent in relation to the same

period last year, everything becomes clear. How can they continue to argue that the constant increases in fuel prices are motivated by the high cost of oil?" he questioned.

BP Portugal has refuted these claims, saying that their profit margin "is only a few cents".

However, numerous fuel companies manage to remain profitable despite launching constant campaigns where motorists are handed discounts ranging from between three to seven cents a litre.

Currently, Portugal has the eighth most expensive petrol in the European Union. With diesel, it is able to slightly improve its prices, placing the country tenth out of the 27 countries that comprise the EU.

Portugal's fuel prices exceed Sweden's, Great Britain's, Ireland's and Spain's, and is only cheaper than France, Italy, Germany and Holland.

For motorists looking to save a considerable amount on refueling their cars, a number of measures have been in place to assist them doing so.

Fuel prices can now be checked on the Geology and Energy Board's website, allowing users to compare prices from all petrol stations in continental Portugal.

The site is constantly updated and shows the prices which are being charged at petrol stations, in euros per litre, up to three decimal points and with all the taxes included. The site also indicates the exact time the prices will be



DECO magazine giving out leaflets in Praça do Duque de Saldanha in Lisbon last year to protest against the price of fuel. (Photo: Lusa / Mario Cruz)

changed, as well as location, opening hours and services each establishment provides.

The website, www.precoscombustiveis.dge.pt/, is easy to navigate and users can search through each different region, comparing prices of all petrol stations.

In the meantime, the 86 panels put up on the nation's motorways comparing fuel prices should be up and running by the end of the month, the Association of National Fuel Companies predicted this week, though not ruling out that "technical hitches" could cause additional delays.

The decision to put these boards on motorways was suggested back in 2004, and the Government pledged in 2006 their installation.

But it was only at the midst of nationwide protests last June,

when fuel run dry and hundreds of fuel stations that the Government decided to accelerate the placing of boards on motorways, promising they would be up and running "during the first quarter of 2009".

Figures released on Monday meanwhile showed that 'no-name-brand' fuel stations, such as those found at supermarkets, now represent 30 percent of the market, and often allow savings of around five euros per tank of fuel.

Allegations of special treatment for speeding official



Faro Civil Governor Isilda Gomes, who fronts a regional road safety campaign, was caught by police cameras on the outskirts of Portimão doing 87 kilometres per hour in a 50 kph maximum area in her private vehicle; but instead of being made to pay the €120 fine, she was let off without action after telling GNR officers who she was, media reports alleged this week.

While certain state vehicles and dignitaries may have privileges that do not apply to regular drivers and can be exempt from a number of driving laws, when using their own vehicle and off duty they are considered a regular citizen and driver.

Therefore, following the standard road code, Civil Governor Isilda Gomes should have been made to pay the fine or have her documents and vehicle seized until the fine was paid.

Instead, she was allowed to pursue her journey without being penalised and headed off towards the A22.

According to an internal GNR law, based on Road Code passage number 46, 'drivers and state vehicles that are in the service of Ministries, civil governments or authorities, can, when their mission is deemed necessary, dismiss rules and traffic signs'.

If registered by GNR, these exceptional 'offences' are reported to the officers' respective command unit, where a superior will decide if the

situation should be followed up or dismissed.

Such preferential treatment was allegedly given to the Civil Governor, despite travelling in her own personal vehicle. However, she has denied receiving 'VIP treatment'.

A GNR source confirmed "in a normal situation the offence would have been put in writing and the lady would have had to pay the fine on the spot – or have her documents seized until payment was made", he was quoted as telling *Correio da Manhã*.



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Exhibitors from the previous fair have had the chance to re-book and many companies have taken advantage of the early booking discount. But, there are still some premium stands which will be sold on a first come, first served basis.

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Stands

There will be over 150 stands with everything for the home, garden and lifestyle. Stands will be offering advice on travel, home improvements and finance, there will be lots to buy including fashions, books, art, decor, specialist foods, pets products and visitors can enjoy beauty treatments and health advice.

Algarve Dog Show

Purely for dog lovers - training seminars, grooming demos, dog displays and more.

Games Area

Especially for children (but adults will like it too). Fairground games, bouncy castle, lots of prizes.

Fire & Rescue displays all day

The Lagoa firemen plus fire engine, ambulance and special 'rescue' and lifesaving demonstrations for children and the chance to put out a real fire!

The Algarve Wine Festival

Set in a special marquee, Lagoa City Hall will be staging their annual wine festival.

Green Challenge

Local schools have taken up the challenge to help save the planet. Their ideas will be on display in the Pavilion.

Motor Show

Lots of new vehicles to inspect and dream over.

Food Arena

Several international restaurants serving delicious food including Pizza from Italy, Surinam Food, Salads, Wraps, Hog Roast from UK, Chicken Piri-piri w/ *Batata Frita* from Portugal, Vegetarian, Tapas from Spain, Curries from India and Pies from the UK.

All Day Entertainment

Peruvian band, children's ballet, choirs, music & singing, line-dancing in the evenings and our special parade at 12.00, 15.00 and 17.50 hours each day with the Algarve Fair jingle.

Children's Fancy Dress

Children are invited to come to the fair in fancy dress and join in the parades

Arts & Crafts Market

A dedicated section for artisans to show off their wares in a beautiful tented area. Some wonderful products will be on offer.

The Portugal News Café

Come and enjoy the hospitality of The Portugal News in their special café situated in the Pavilion. Buy a *bica* and a *pastel de nata* for €1.50 and you'll receive the free travel hairbrush and mirror which commemorates the 1000th edition of The Portugal News.

Entrance & Prizes

Entrance costs only €3 per person and children under 12 are admitted free.

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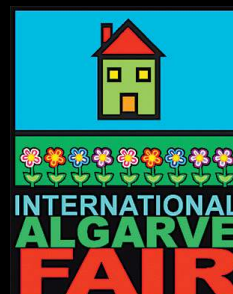
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Specialists call for anti-smoking law revision



A revision of the recently implemented anti-tobacco law, which was introduced in Portugal on January 1st, 2008, and prohibited smoking in public places such as restaurants and shopping centres, is being demanded by public health specialists after 678 official complaints were made last year, and only 10 fines were actually issued.

Specialists believe new measures and laws are needed to stop the demand for 'smoking-allowed' establishments.

Statistics were released by a source of the National Health Board (DGS) during the first Congress for Public Health. Reportedly, of the 678 law-breaking cases that were reported (505 by the public and 173 by inspectors), 272 were sent to ASAE

Health and Safety officials, though action was only taken against 10.

Matter specialist Nina de Sousa Santos, said that while the new law is "an enormous step forward for public health", a "precise and swift" alteration is needed to achieve "more objectivity and transparency".

He believes that the high number of exceptions regarding



The Aliança café in Faro last year which was the only one in the area where people could smoke undisturbed by the tobacco law. (Photo: Lusa / Luis Forra)

EU reaches agreement on illicit tobacco trade

The United Kingdom has joined the 26 other EU Member States and the European Community as a signatory to the 2004 anti-contraband and anti-counterfeit agreement with Philip Morris International (PMI) and the 2007 cooperation agreement with Japan Tobacco International (JTI).

With the inclusion of Britain, all EU Member States are now party to these agree-

ments. Every year, the European Community and the Member States lose hundreds of millions of euros in unpaid taxes from contraband and counterfeit cigarettes.

Moreover, counterfeit and other forms of contraband create a parallel illegal supply chain that compromises legitimate distribution channels and competes unfairly with genuine products.

places where smoking is or is not allowed, as well as specifications regarding air extraction equipment that must be installed in 'smoke-friendly' venues, raises "doubts in interpretation", and could jeopardise the "efficiency of the law".

Dr. Emilia Nunes, head of the

DGS' Health Promotion and Prevention Department, warned that, according to the World Health Organization (OMS) there are no smoke extraction mechanisms that are 100 percent effective.

She predicted that if Portugal wants to achieve the objectives that it signed up for by imple-

menting the new law, by 2011, as estimated, it will have to take steps to reinforce restraints, diminish the demand for smoke-tolerant establishments, and reduce citizens' exposure to passive smoking.

For this she recommends increasing the number of places

where smoking is banned, doing away with automatic vending machines, controlling the sale of cigarettes on the Internet, using plain packaging, or resorting to publicity shock-tactics like the tragic, reality-based infomercials that are broadcast in the UK, Belgium and Romania.

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More Catholics, fewer priests



Bishop D. Jorge Ortiga President of the Portuguese Episcopal Conference in Fátima on 20 April. (Photo: Lusa / Paulo Cunha)



Despite more than 88 percent of the Portuguese population being self-proclaimed Catholics, the number of priests available to this following is dropping; a situation that the secretary for the Portuguese Episcopal Conference, priest Manuel Morujão, has said will be rectified.

Figures that date back to December 31st, 2006, show that there was an 8.4 percent drop in the number of practicing diocesan clergymen, between 2000 and 2006, from 3,159 to 2,894.

Father Morujão said: "The drop in the number of priests will soon be regained because there have been more seminarians since then (2006)".

He added "these highs and lows are what make history. It is more of a worry when there are too many available priests. But during the coming phase that drop will be recuperated".

A Catholic Yearly Report is produced by the Portuguese Episcopal Conference and in this

year's edition it revealed that in 2006, for every two priests that died (which were 80 that year) just one was ordained (37, in 2008).

But despite that situation, only 20 of Portugal's parochial divisions were assigned lay-ministers and deacons.

In those six years the number of christenings performed also dropped by an estimated 10,000, which the Yearly Report puts down to Portugal's dwindling birth rate.

In the year 2000, more than 92,000 baptisms of children under the age of seven were documented, in 2006 that number fell to 77,272.

Iberian debt collectors getting busier

An investigation carried out by Portuguese press agency *Lusa* has revealed that debt collectors in Portugal and Spain are getting increasingly busier due to the consequences of the current economic climate, and are in fact employing more people to help cover their services.

Between 2008 and 2009, debt-collecting company 'O Homem do Fraque', which operates in

Spain and Portugal, registered a 25 – 35 percent rise in its activity. It is currently overseeing 1,500 cases in this country.

In Spain, where it has 11 branches, its activities have "almost doubled" over the past year, company director Óscar Regueira told *Lusa*.

"Economically complicated situations are good for us", he said.

"Over the past year there has been an increase in demand for our services. We have more work and we are expanding our staff, in Portugal and in Spain".

Portuguese company Logicom, which works exclusively recuperating outstanding payments for banks and other financial institutions, is also experiencing the same phenomenon.

Luís Sousa, general director of Logicom, said in some cases there had been a rise of 20 percent of clients with outstanding debts over the past year and a half.

To exemplify the situation he explained "A bank that during the first quarter of last year gave us five thousand clients to process, this year is giving seven thousand", though in his opinion, the situation is apparently "stabilizing".

Luís Sousa concurred that in Spain, "the situation is much worse".

"In Spain there are very serious cases regarding non-compliance (with payments). There, the best case scenario is Portugal's worse-case scenario".

According to 'O Homem do Fraque', construction companies are the ones who have most sought its services, to recover outstanding debts.

Nevertheless, Óscar Regueira said "there is credit to be recovered in all areas, including funeral expenses".

O Homem do Fraque intervenes in cases of debt that range from €1,500 to €300,000, and takes 40 percent of the debt as payment, the rest being returned to the client.

For this company, the most common quantity of debt is between €20,000 and €120,000.

EU calls on mobile operators to improve child safety policies



Half of 10 year-olds, 87 percent of 13 year-olds and 95 percent of 16 year-olds in the EU have a mobile phone, but half of European parents worry mobile phone use might expose their children to sexually and violently explicit images (51 percent) or bullying by other children (49 percent), according to a survey.

The European Commission this week called on mobile operators to do more to keep children safe while using mobile phones by putting in place all the measures in the voluntary code of conduct, signed by 26 mobile operators in 2007.

A report just published by the GSM Association, the trade body of the mobile phone industry, shows that national self-regulatory codes based on the framework agreement brokered by the European Commission now exist in 22 Member States, 90 percent of them in line with the 2007 agreement, and 80 percent of operators have put in place measures to control child access to adult content.

"The new report of the mobile phone industry association shows that mobile operators have started to take seriously their responsibilities to keep children safe when using phones," said EU Telecoms Commissioner Viviane Reding. "Protection of minors is not a luxury, but indispensable if new communication technologies want to be accepted in our European societies."

"Mobile operators still need to be more determined, making measures for the purpose of protecting minors more effective in all European countries, and also to make content classification more transparent."

www.the-news.net

Deadly bacteria discovered in school canteens, hospitals and retirement homes

More than 100 samples of the potentially deadly 'Listeria monocytogenes' bacteria, the causative agent of the highly infectious Listeriosis disease, have been found in a number of school canteens, hospitals and retirement homes around the country, a specialist microbiologist revealed last week.

Listeria monocytogenes is one of the most virulent food-borne pathogens, with 20 - 25 percent of clinical infections resulting in death.

According to Isabel Santos, of the National Public Health Institute's Food Microbiology Laboratory, changes in present day diet and eating habits are to blame for the spread of the bacteria.

She believes the increasing consumption of 'ready-made' and 'pre-prepared' foods facilitates the spread of the bacteria.

Food that most easily becomes contaminated with the bacteria includes decomposing vegetables, pork, salamis, chicken pâtés, and

turkey and beef products.

The death rate for those who become infected with Listeria monocytogenes increases with age, though the elderly, chronically ill and newborns are particularly vulnerable.

However, it was in various institutions that accommodate these 'risk' populations, such as hospitals and old age homes that the bug was found during a four-year study.

It was found in 101 samples gathered from various institutions, amongst which were school canteens, hospitals and retirement homes.

Isabel Santos has said action must be taken.

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ANGELICAN CHURCH

Escudo would have served Portugal better against crisis – EU study



Almost two-thirds of Portuguese interviewed by European researchers have this week said they believe the escudo would have served and protected the country better against the economic and financial crisis.

According to the poll, conducted between January and mid-February, 62 percent of the 1,000 Portuguese interviewed agreed with the statement that “keeping the previous national currency would have ensured better protection against the crisis”.

While a handful of other European Union member states scored higher, Portugal recorded the biggest support for their previous currency of all the 15 Euro Zone states.

In other findings, and on a European level, nearly two thirds of the EU population favoured co-ordinated action by the EU countries to fight the economic crisis, but only 39 percent believed that, so far, this has happened sufficiently.

In the poll, 58 percent of respondents said they were already feeling the consequences of the current crisis in their personal lives.

The EU was seen overall as more capable of dealing with the crisis than national governments; choosing between five options, 17 percent of respondents preferred the EU to deal with the crisis against 14 percent who preferred their national government to do so.

But even more were felt that the G8 was the most effective forum (25 percent). National variations were wide on this issue, however, with the EU considered least capable by respondents in the United Kingdom (six percent), Sweden (eight percent) and Denmark (nine percent), while people in Greece, Cyprus and Poland had most confidence in the EU (28, 27 and 26 percent respectively).

Feelings on the benefits of the euro were mixed.

Overall, 44 percent of respondents felt that the euro had mitigated negative effects, whereas 39 percent felt it had not.

Photo above right: Archive photo showing various versions of the escudo during the years before it was abolished. With the entrance of the euro in January 1999, the currency that featured one of the national symbols present in the Portuguese flag disappeared. The escudo (shield) represented the five continents, together with the seven last cities to be conquered by the Moors. (Photo: Lusa / Tiago Petinga)



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Lisbon, Uzbekistan to boost reciprocal business ties



Portugal and Uzbekistan have agreed to reinforce their business and trade ties by organising reciprocal visits of company executives to each country, officials said after Foreign Minister Luis Amado's talks with Uzbek leaders.

Minister Amado, who held separate meetings with Uzbek Prime Minister Shavkat Mirmonovich Mirziyoyev and with the oil and gas-producing country's foreign and trade ministers, accepted a proposal for an Uzbek trade and investment delegation to visit Lisbon at a date to be announced.

A top Portuguese business delegation will then visit Uzbekistan, rich in energy resources, minerals, and with skilled workers. The Central Asian country, with average GDP growth in recent years of eight percent, is also one of the world's biggest cotton producers.

But Uzbek exports plummeted by 34 percent last year on the heels of the global economic downturn and foreign investment is "an essential element" for the country's continued prosperity, Trade Minister Elyor Ganiev said at a joint press conference with Portugal's No. 1 diplomat.

Areas ripe for joint ventures with Portugal, noted the Minister, are the automobile sector, petrochemicals, textiles, foodstuffs, tourism and energy. The Uzbek Government is ready to "cooperate with Portugal as deeply as Portugal wishes."

Amado, in reply, said his

country wants to increase its awareness of Central Asia due to the region's "great potential in resources and skilled labour."

For a number of years Portugal has sought to diversify its exports, some 80 percent of which still go to Europe, he added, welcoming with enthusiasm Uzbek invitations for Portuguese executives to visit the country.

Minister Amado underscored too the importance of the central Asian region to European energy and security concerns and NATO's efforts to stabilize neighbouring Afghanistan, where Portugal has troops deployed with Alliance forces.

He left Uzbekistan for Tajikistan and talks with President Emomali Rahmon and other officials.

The four-nation trip, which also took him to Egypt, was also aimed at mobilising support for Lisbon's bid for a seat on the UN Security Council during 2011-2012.

TPN/Lusa



Foreign Minister Luis Amado. (Photo: Lusa / Mário Cruz)

Low salaries getting lower



Recent figures from the Ministry of Employment have shown that the differences between the levels of salaries are widening, with factory workers now earning four times less than company managers, and inferior salaries now being significantly more distant from previous averages.

The data also showed that, over the past five years, managers have had more generous rises than the lower class professional.

The average monthly income of Portugal's estimated 940,000 industrial workers, which include building site workers, machinery operators,

heavy duty vehicle drivers and non-qualified workers from the commerce and services sector, was, in April 2008, around €784, which represents 73.8 percent of the total value of the average wage of other general workers.

This percentage has fallen since April 2003, when the average income of this working class

represented 76 percent of other workers' wages.

Presently it corresponds to approximately one quarter of what company directors earn and who last year had monthly incomes of around €3,136.

In this group of professionals there are around 95,000 people.

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IRS 2008: Income

by Dennis
Swing
Greene

Nº 7 CAPITAL GAINS ON REAL ESTATE

In this series of articles, we examine different forms of income that must be reported on "IRS" tax declarations:

1. Income from Salaries
2. Self-Employment - the Simplified Regime
3. Income from Capital - Bank Interest
4. Income from Capital - Dividends
5. Rental Income
6. Capital Gains on Investment Portfolios
7. Capital Gains on Real Estate
8. Pension Income

It is no secret that property in Portugal has proved to be an excellent investment over the years. However, if you sell your house, you still have to reckon with the Taxman before spending those profits. This means that in Spring following the sale, you must report your gain in a Portuguese "IRS" Personal Income Tax declaration.

How is the Capital Gain calculated?

Although it is *Finanças*, not you, who does the actual calculation, it may be worthwhile knowing what the damage will be. Let's suppose that you sold your home last year that you had originally purchased in 1994. Calculate your capital gains as follows:

Step 1:

From the sales price, subtract any qualifying buying or selling costs (commissions, notary and legal fees, transfer tax, etc.)

Step 2:

Based on the year of acquisition, multiply the purchase price by the Inflation Adjustment Coefficient. (see table)

Step 3:

Add to the purchase price any documented capital improvements to the property in the past 5 years.

Step 4:

The difference between the adjusted purchase and sale prices is your net taxable profit.

Step 5:

One half of the net profit is assessed unless the gain is rolled over into another principal residence. Either way, report the sale on your annual IRS declaration.

Table 1

Year	Coefficient
1989	2.26
1990	2.02
1991	1.79
1992	1.65
1993	1.53
1994	1.45
1995	1.40
1996	1.36
1997	1.34
1998	1.30
1999	1.28
2000	1.25
2001	1.17
2002	1.13
2003	1.10
2004	1.08
2005	1.05
2006	1.02
2007	1.00

Important Note:

If you own your home through an Offshore or another form of non-resident company, the full gain is assessable in the year of sale and should be reported on the company's IRC declaration.

Resident vs. Non-Resident Individuals

If you are Non-Resident for tax purposes in Portugal, the Capital Gains Tax calculation is quite simple: 25% of the full net profit. If you are resident in Portugal, there are two options: 1) one half of the capital gain of the adjusted net profit on the sale of your principal residence acquired after 01 January 1989 is added to overall income for the fiscal year and taxed at marginal rates (Properties purchased prior to 1989 are exempt for Capital Gains Tax). 2)

However, the gain may be rolled over if another principal residence of equal or greater value is bought between twelve months prior and 24 months after the sale. For newly acquired properties of lesser value, the gain is calculated on a pro-rata basis.

Questions & Answers

Last year, I sold my home and declared my intention to reinvest the proceeds of the sale. What happens if I only reinvest part of these proceeds?

If the reinvestment is less than the amount of the sale, you may owe additional tax and have to pay interest to *Finanças* on the non-reinvested balance. In the event that no reinvestment takes place, an assessment will be made on the entire non-reinvested balance plus interest.

I plan to move to another EU country. Can I get rollover relief on such an EU reinvestment?

At last! Brussels condemned Portugal legislation as being incompatible with the basic European Union principles (free movement of citizens, goods and capital) and the law finally changed in late 2007. Note, however, that proof of residency is required from the Competent Authority in the new country of residence.

Next: PENSION INCOME

Dennis Swing Greene is Chairman of the Board and International Fiscal Consultant for *euroFINESCO* s.a. Private consultations can be scheduled at in Guia (Albufeira) 289561333, Lisbon (Chiado) 213424210 and in Funchal (Sé), Madeira 291221095. Order your copy of our 144 page book, "Portuguese "IRS" Individual Income Tax 2008" by e-mail at info@eurofinesco.com or on the internet at www.eurofinesco.com.

Vehicle tax reductions for car swaps

Anyone thinking of buying a new car could benefit from a reduction of up to €1,500 on vehicle tax if they hand over their old car as a part-exchange.

An extra €250 has been added on to the maximum offered on 'old car for new car' exchange systems, in the form of new vehicle tax (ISV - *Imposto Sobre Veículos*) reductions, and the maximum acceptance age for used cars has been lowered by two years.

Cars between eight and twelve years old could be accepted and entail respective ISV reductions of between €1,000 and €1,250.

However, this incentive is only applicable to people purchasing new, environmentally-friendly vehicles, with pollution emissions that are inferior to 140 grams of CO₂ per kilometre.

This measure had previously been demanded by ACAP (Association for Automobile Commerce), to encourage the market.

The proposal was approved last week in Parliament and is exceptional because it will only apply until December 31st this year.

And before the ruling becomes effective it must be published in *Diário da República* to be formally made public.

There are an increasing number of people resorting to vehicle exchange/financial abatement schemes; last year (2008) 36,067 vehicles were scrapped via this procedure, representing a 13.4 percent of the total value of new car sales.

Millions submit IRS online

The number of people submitting their IRS declarations via the Internet this year has risen by almost half a million, it has emerged, with around 472,000 more citizens filing their taxes online than last year.

During the first phase of IRS declaration submissions, some 2.237 million people filed them over the Internet.

In total, this year 27 percent more people than in 2008 completed their tax submissions via the Internet, confirming the growing trend.

It is believed that the numerous advantages to submitting declarations via the Internet as opposed to filling out and handing in the traditional paperwork at local *Finanças* branches has been a huge incentive in opting for this method. Being able to fill in the documents in the comfort of your home and submit them instantaneously, without waiting in lengthy queues, as well as receiving payment within one month of completing the process are just a few of the advantages of using the online format.



Thirty one year old Ana Pereira admits that her decision to build a house in her home town in Alcoutim is partly due to the IRS discount on offer. (Photo: Lusa / Luis Forra)

Portuguese affinity 'no basis' for oil exploration options - Petrobrás chief

The head of Brazil's national oil company has expressed Petrobrás' ongoing interest in co-operating with fellow Portuguese-speaking countries, while stressing that a shared language is an insufficient basis for establishing business partnerships.

"Without doubt, we are interested in participating in the CPLP, but this can't be the criteria for selecting areas of (oil) exploration", Petrobrás CEO Sérgio Gabrielli said Thursday, referring to the eight-nation Community of Portuguese Language Countries.

Speaking on the sidelines of a regional World Economic Forum meeting in Rio de Janeiro,

Gabrielli stated, however, that his company was partnered with Portugal in seismic studies and had carried out "exploration activities" for more than three decades in Angola and Mozambique, other CPLP member countries.

In other Lusophone states, he said Petrobrás had lost out in exploration bids in East Timor and that "further seismic studies" were needed in São Tomé and Príncipe to determine the viability of exploration in the Gulf of Guinea islands' ultra-deep waters.

São Tomé, which is partnered with Nigeria in a shared Joint Development Zone and is preparing the first auction of blocks in its exclusive economic zone, has long urged Petrobrás, Portugal's Galp and Angola's Sonangol to join it in a so-called "Lusophone consortium" to explore and develop its Economic Exclusion Zone (EEZ). Last month, Gabrielli and STP Prime Minister Rafael Branco agreed that Petrobrás would carry out an assessment of EEZ seismic studies.

Gabrielli said that Petrobrás was currently looking for investors and partners to develop Brazil's own ultra-deep water resources, where massive pre-salt fields have been discovered recently.

The forum discussions in Rio, he said, centred on energy issues, especially on economically viable non-carbon alternatives.

However, Gabrielli predicted that fossil fuels would remain the pivotal power source over the next three or four decades.

"It's hard to foresee substantial changes in the proportion of fossil fuels as the world's primary source of energy on a horizon of 30 or 40 years", he said.

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The Dream of Justice

"I don't look like Halle Berry," said Whoopie Goldberg in a recent interview. "But chances are, she's going to end up looking like me." Barack Obama doesn't look much like Gerald Ford either, but what are the chances that Obama will end up looking like Ford?



US President Barack Obama joined by CIA Director Leon Panetta (L) as he made remarks to Central Intelligence Agency (CIA) employees at the George Bush Center for Intelligence (CIA Headquarters) in McLean, Virginia, USA, on 20 April 2009. (Photo: EPA/Ron Sachs / Pool)

Gerald Ford, who unexpectedly became US president after Richard Nixon resigned in disgrace in 1974, gave Nixon a presidential pardon a few months later. If Nixon had been tried by the courts for the various offences he was accused of (and the tapes were there as evidence), he would have faced serious jail time — but it would have torn the United States apart.

On the other hand, issuing that pardon probably cost Gerry Ford the 1976 election, because somehow in the public's mind it implicated him in Nixon's crimes. In effect, Barack Obama has just pardoned all the torturers who worked for the Bush administration. To what extent will that erode his support among those voters who really believed that he would put justice ahead of pragmatism?

True, Obama has not pardoned the senior people who set the policy and the lawyers who wrote the legal defence for it, but they will clearly never face a court as long as he is in office. This seems like good politics to White House strategists at the moment — who needs a years-long court battle (with an uncertain outcome) to punish crimes that were committed years ago? — but it could come back and bite them.

It was useful to publish the actual memos that the Bush administration's lawyers wrote arguing that a variety of coercive interrogation techniques, including waterboarding, were legal. Some gentle souls will be shocked by the detailed descriptions of the techniques that the Central Intelligence Agency was authorised to use on detainees — although in fact much worse things were done to those unlucky enough to be "renditioned" for torture by various US allies.

But many people believe that "useful" isn't enough. What these memos show is that between 2003 and 2008 US government agents were authorised to use at least one technique — waterboarding — that the same government had clearly defined as torture sixty years before, when the shoe was on the other foot.

At the end of the Second World War, US military tribunals treated Japanese officers who had ordered or carried out waterboarding on Allied prisoners of war as war criminals, and sentenced those found guilty of this form of torture (the Japanese called it the "water cure") to punishments ranging from fifteen years at hard labour to death by hanging. By contrast, Barack Obama has declared that CIA agents who used the same technique will be guaranteed immunity for their actions. This can hardly be called justice.

On the other hand, did you really expect the US government to judge its own employees today by the same standards that it applied long ago to the soldiers of a foreign government that had surrendered unconditionally? Did you really think that Barack Obama was going to unleash a legal process that would inevitably work its way up the chain of command and end by indicting George W.

Bush and Dick Cheney?

The United States is not a defeated power under foreign military occupation, and it is not going to put itself through all that. The torture has apparently now stopped in prisons that are under direct American control, and one hopes that serious efforts are being made by the US government to retrieve those detainees whom the Bush administration "renditioned" to other governments for much worse tortures, but that's as far as it's going to go.

We dream of a just world, but any grown-up knows that real life is very unfair. Good people suffer, the wicked prosper, and most crimes go unpunished. When the criminals are the servants of a government that has gone off the rails, it is even harder to punish the guilty because most of them can argue that they were only obeying orders. Moreover, the new government, faced with the decision to prosecute the criminals or not, will always put the stability and security of its own rule first.

That is why the new democratic government that came to power in 1994 in South Africa after the long nightmare of apartheid chose to create the Truth and Reconciliation Commission, where former torturers and murderers were granted amnesty in return for full confessions, instead of seeking vengeance through the courts. Even less was done after the collapse of the Soviet Union in 1991, despite the long and ghastly history of human rights abuses under the Communist regime.

There has been no change of regime in the United States, just a change of administration. The great majority of the military and civilian employees of the US government who must turn President Obama's policies into actions are the very same people who previously did the same for former president George W. Bush. So Obama changes the policy on torture, symbolically condemns it by publishing the memos — and stops there.

The alternative — to seek justice for the victims of abuse even if the heavens fall — would probably cost him victory in a dozen other political battles over the next few years. Like most of us, he probably dreams of justice, but he has to deal with reality.



Gwynne Dyer

Gwynne Dyer is a London based independent journalist whose articles are published in 45 countries.

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Costly losses force TAP to suspend thousands more flights



An growing need for more stringent cost control and adapting offers to the decreasing demand for air travel, on top of its existing financial losses means TAP is to suspend even more flights over the next few months in an attempt to balance its books.

Between April and June this year, Portugal's national airline will suspend a further 2,400 flights, which are added to the 2,190 already cancelled since the beginning of this year, mainly on European routes.

In terms of costs, this will allow significant savings, despite the company having suffered losses estimated at around €280 million since 2008.

Following last year's soaring fuel prices, which peaked in July, the airline must now contend with a sharp drop in passenger figures, a reflection of the ongoing economic crisis. In comparison to the first two months of

2008, this year TAP carried 9,000 fewer passengers. In turn this forced the airline to re-assess its existing operations by cutting down on flights.

Throughout the first six months of this year, TAP will cut back on a total of 4,590 flights.

Passengers who have already made reservations to fly with the company and whose flights are affected are being contacted by TAP to rebook on alternative flights, at a different time or on a different day.

TAP sources have said that, despite the disruptions, they do not fear it will force clients into choosing a different airline.



TAP planes at Portela Lisbon airport. (Photo: Lusa / Inácio Rosa)

'Near miss' for TAP plane in Copenhagen

There was panic on-board a TAP aircraft carrying 96 passengers from Lisbon to Copenhagen this weekend when a first attempt at landing was aborted at the last minute and the aircraft is said to have 'narrowly scraped' past the luggage terminal.

Lone Frandsen, a spokesperson from the Danish airport, said that flight TP 502 had "veered off its landing path and was ordered by the control tower to abort the manoeuvre".

According to passenger reports and details from the Danish media, the landing was "turbulent" and at times passengers "feared the worst".

Eyewitnesses say the plane was as close as 150 metres (approximately 500 feet) when it flew over the terminal.

The incident was played down by the airline.

At the time it happened, TAP's head of PR and Communications, André Soares, simply described it as "a situation in which the pilot decided all conditions had not been met to land the aircraft, as it was still too high."

"The passengers were never put in danger and the pilot was in control at all times".

The aircraft flew back to Lisbon the following day and a flight

report was handed to the respective authorities, by the pilot as well as Copenhagen's control tower.

Interviewed by Portuguese daily newspaper *Correio da Manhã*, ex-pilots explained that an aborted landing can be caused by various factors, like pilot error regarding calculations.

When visibility is good, the pilot can opt to land the aircraft manually, "which is common practice, as it allows curtailing landing time as well as reducing fuel consumption", it was stated.

In adverse conditions, like bad

weather, an Instrumental Landing System (ILS) helps the aircraft to land by using a series of high frequency sensors that are positioned along the runway to guide the plane.

Later that week it emerged that national carrier TAP adheres to an 'energy-saving' policy that, whenever possible, and weather and visibility conditions allow, it encourages the use of manually landing the aircraft, as opposed to using automated technology.

This is believed to entail fuel savings.

Subsequent reports confirmed

that on that Saturday evening the pilot had made a personal decision to make a visual approach and land the aircraft manually, but aborted at the last minute as he decided the plane was still too high.

It was highlighted that this was "a personal decision made in the company's best interest, without putting passengers at risk and which was approved by the Danish control tower".

Spokesperson André Soares, described the decision as "common practice within the industry", and explained that the procedure permitted a "faster landing with savings on fuel and passengers exit time from the airport".

It was further explained that the decision is ultimately the pilot's, and altitude is an essential

parameter in visual approach.

André Soares again stressed "the situation may have caused discomfort and fear for some passengers, but the altitude with which the plane flew over the luggage terminal was perfectly within safety limits".

The pilot also denied any technical fault occurred.

This latest incident for the national carrier follows an emergency landing earlier this month when a TAP flight was forced to return to Luanda airport shortly after take-off, when one of the engines failed after allegedly suffering a bird-strike.

Meanwhile, in related news, Portugal's pilots ended their six-day strike on Sunday, which resulted in 52 of the airline's flights being cancelled.

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Aston Martin to run tests in Portugal



England's most prestigious car brand, Aston Martin, will be testing its 24 Hours Le Mans car at both Portuguese racetracks, the Algarve MotorPark and Estoril Circuit, in the coming weeks, in preparation for the 24 Hour Le Mans season.

Between 29th and 30th April, Aston Martin Racing will be coming to the Algarve Motorpark to carry out 24 hour testing, the heading off to the Estoril Circuit to run development tests.

Paulo Pinheiro, CEO of Parkalgar, is very happy to be receiving such a renowned brand: "It is a great honour to be able to receive such prestigious teams as Aston Martin at our circuit. We

are very happy by the fact that Estoril Circuit has allowed us, in conjunction with themselves, to ensure these tests are carried out in Portugal and not another country."



Body swap at Faro Hospital



A grieving granddaughter made the macabre discovery that the elderly gentlemen whom her family had been mourning for two hours in Faro Saint Luís church, Faro, was not her grandfather.

After pulling back a sheet that was covering 84-year-old António Batista, who passed away two days earlier in Faro Hospital, the family were shocked to realize they did not recognize the deceased.

It later emerged Faro Hospital had swapped the bodies of two elderly men both named António, both of whom had been on the same ward of the hospital, at the same time.

Ana Gonçalves, the grand-

daughter said, "When I went to Faro Hospital to tell them there had been a mix-up they reacted as if I was insane. But when I went to the morgue my granddad's body was still there, left in a corner waiting to be embalmed, his beard was long and he looked like a homeless person".

António Batista's family had spent €163 on a suit he was to be buried in, which the hospital reimbursed after putting it on the wrong body.

"If we hadn't have decided to unveil my 'grandfather' we would have buried the wrong person", said Ana, who is going to make a formal complaint to the Public Prosecutor's Office.

Faro Hospital's Administration admitted making the mistake and apologized for the incident. A source said there had been a "human error on behalf of a professional who did not make the proper verifications".

Algarveans in 'Glorious' rehearsals



After the tremendous success of their recent variety show in February you might be forgiven for thinking the Algarveans are resting on their laurels, but not a bit of it, they are all hard at work preparing for their next production.

Their forthcoming performance at the Lagoa Auditorium between 11th and 14th June will be a comedy entitled 'Glorious', written by Peter Quilter. If you were lucky enough to see the Variety Show you will have witnessed a taster of what was, in fact, a true story. Set around 1944, Florence Foster Jenkins was a New York

socialite convinced she possessed a perfect soprano voice, however the sounds that came from her mouth were not those that she heard in her head... Tickets will be available shortly - watch this space!

More information about the Algarveans can be found at www.thealgarveans.com or call 917 776 245.

Lagoa DIY store robbed

Lagoa's DIY store 'IZI' was robbed last Tuesday night by a group of skilled assailants. The damage incurred and the value of goods stolen are thought to exceed €20,000.

The assailants managed to disable the large building's alarm system, as well as the surveillance cameras, before breaking in on Tuesday night.

Once they were inside they proceeded to steal items and those in charge at IZI said the damage and value of these goods are thought to be above €20,000.

At the time of going to press, no arrests had been made by the police.

www.catch-me.eu - Innovative advertising to say the least...

When driving around the Golden triangle in the Algarve, Portugal, you may see billboards with a white background and with a simple message which reads www.catch-me.eu.

These billboards are positioned in strategically chosen locations and have proved to be a very innovative way of advertising. The billboards have shown both positive sales results from the business sector

and positive comments from the curious public. This action was the brainchild of nationally acclaimed Algarve based design consultancy Atelier do Sul. Check it out and get caught yourself!



Silves GNR detain three in cheque swindle



Silves GNR officers detained three individuals in Lagoa on Tuesday on suspicion of robbery and forging cheques.

The detainees, all men, aged 17, 21 and 23 and residents in Lagoa, were using stolen cheques to pay for purchases made over the Internet.

Later on in the week they were heard in court.

In relation to the crime various items believed to have been bought over the Internet with the stolen cheques and worth around €8,000 were seized. They were reportedly caught in the act.

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Russian Olympic champion steals the show in Portimão



Russian gymnast Evgeniya Kanaeva, who was an Olympic champion in Peking in 2008, also took first place in the general individual category during the Fourth World Rhythmic Gymnastic Championships, which were held in Portimão this month and culminated this week.

Evgeniya Kanaeva knocked the previous world champion, fellow Russian Anna Bessonova, off of the top spot and into third place.

She also came first in two out of four disciplines: rope, hoop,

ball and ribbon, and lead with a total of 111,850 points.

Inês Gomes was Portugal's most prominent gymnast, taking 19th place in the individual category, and 19,975 points overall, earning her highest score with a ribbon routine.

Participating in this year's World Rhythmic Gymnastic Championships were 250 athletes from 30 different countries, bringing to Portimão the crème de la crème of international competitors, mostly from Eastern Europe.

Evgeniya Kanaeva of Russia performs the hoop exercise during the World Cup Rhythmic Gymnastics in Pavilion Arena in Portimão, 19 April de 2009. (photo: Luis Forra/LUSA)



Hospital patients suffer injuries after roof collapses

Two patients awaiting medial care in Faro Hospital suffered minor injuries when they were hit by pieces of the suspended ceiling, which caved in.

The patients were sitting in the triage room, awaiting initial assessment when the accident happened.

The ceiling tiles became loose when part of the hospital's air conditioning system fell off.

Three people were involved in the incident, though only two were injured.

A hospital source confirmed "It was a small incident that took place at around 19h00 and by 20h30 everything was repaired and back to normal".

The same source said the patients were more alarmed by the noise that was made.

Algarve's latest hotel opens this weekend



The Algarve's latest four-star hotel, the Hotel Vila Galé Lagos, which is a €30 million investment, is soon to open in Meia Praia and will be inaugurated on April 25th, the day Portugal was liberated from its dictatorship and became a democracy.

Comprising 170 rooms, 86 of which are suites (21 junior suites, 21 side-view suites and 44 sea-view suites) the hotel is hoped to be officially inaugurated by Prime Minister José Sócrates and State Secretary for Tourism Bernardo Trindade.

Vila Galé Lagos is a project that was long in the planning but which was only given the go-ahead in 2007 when the Government approved a new Urban Plan (PU) for Meia Praia and which for the first time allowed the construction of four and five star hotels in that area.

It was a change that pleased Lagos Mayor Júlio Barroso, who said it represented the end

of a "long process and the beginning of a good, new phase".

Along with Vila Galé Lagos, there are another four large tourist units in the pipeline, namely the five-star Ibero Hotel, as well as the upgrading of the existing hotel on Meia Praia which belongs to the Palmares group.

However, the first generation of Meia Praia residents who made up the original dwellers of the "historical" village have said they will stay and fight for their right to live on legally-purchased plots.

Dozens of fishermen and their families have lived in makeshift "villages" on Meia Praia since the 1950s. Over the

years those inhabitants have become known locally as the 'Meia Praia Indians' and even had a song by a famous Portuguese musician penned about them.

Initially the dwellings were made from thatching and later reinforced with brick using local government funding after the revolution on April 25th, 1974.

However, in July 2007 Lagos Mayor Barroso publicly spoke out against the dwellings, describing them as "degraded" and saying he believed the inhabitants "understood that the neighborhood was not compatible with five star hotels".

Don't miss a visit to the

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Berna Avenue repaired by now?



Earlier this week Lisbon City Hall said that by the weekend reparation works on Berna Avenue, where the street caved in following problems with a sewage pipe, should be completed.

Silva Ferreira, head of the City Hall's Works and Planning division, said that "all being well, the intervention will be completed by the end of the week".

Meanwhile traffic in that area has slowed down significantly, in both directions, despite an additional, temporary lane being created along that stretch.

Access to Lisbon City Centre via Avenida de Berna is achieved following two routes; Praça de Espanha towards Campo Pequeno, and along a stretch in the opposite direction.

The disruption occurred when a sewerage pipe exploded along Avenida de Berna leaving an oval-shaped two-square-metre hole.

Million-euro campaign to promote Lisbon



The Portuguese Tourism Board (I.P.) is to help Lisbon's Tourism Association (ATL) promote the city by boosting their budget by 1.85 million.

Of that amount, exactly €1.5 million originated from revenue generated by gambling at the Lisbon Casino and which has been allocated for tourism promotion, the rest being made up by the PIT Tourism Intervention Programme, which was also devised to promote Portugal as a destination.

Already formally approved by the I.P., the extra financing will be put towards promoting Lisbon within Spain and Brazil (with a

budget of €500,000 each). The remaining €500,000 will be put towards this year's 'Festival of the Oceans', which costs a total €2 million to host.

The PIT has also contributed €350,000 towards Lisbon's gastronomic 'Fish' event, which is being held for the second year running and is taking place between April 18th and 26th in the Portugal Pavilion, within the Park of Nations.



Police officers from nine PSP branches joined forces on Tuesday to mark the 20th anniversary of the clashes between police officers on April 21st 1989. At the time, police officers were demanding trade union freedom, one day leave per week, transparency in disciplinary justice, better wages and improved working conditions. The protest ended in confrontation, with PSP's Intervention Body showering fellow officers with water cannon and using batons to disperse the protesters. The day was named 'Secos e Molhados', translated as 'Dry and Wet'. (Photo: António Cotrim/LUSA)

'Gardens' invade car parks



Several car parks in Lisbon were replaced by temporary gardens last week in a campaign designed to raise awareness about climate change in the world.

The awareness campaign was carried out by a renowned ice-cream brand, supported by Lisbon Council and endorsed by Filipe Duarte Santos, a climate change specialist who decided to back a project which will help inform people about this current global issue.

A petition was launched by the ice-cream company, and, after gathering 10,000 signatures, the 'Lisbon for the climate' campaign

was initiated, with hopes of making Lisbon an example of sustainability.

Last week, parking spaces were replaced by green spaces all around Lisbon in order to influence people who drive cars everyday to explore alternative transportation, such as bicycles or even walking.

"The project was born a year ago and the signatures are of people who read the petition and committed to accomplish the 20-

20 objective (increase by 20% the production of renewable energies, increase by 20% the energy efficiency and reduce greenhouse emissions by 20%)" said Marta Quelhas, part of the campaign team.

Lisbon's Environment Minister, Sá Fernandes, who also signed the petition, praised the initiative, saying it is fundamental that people are aware of the current climate scenario.

Burger war

War looks set to break out between two of the world's most famous fast-food chains as a Burger King is set to open in Birre, Cascais, just 200 metres from where its main competitor, McDonalds, also has an establishment.

The Birre Burger King, situated near the Cascais A5 motorway roundabout, is expected to be open for business before summer and will also offer a drive-through facility, as does McDonalds, which currently has 125 restaurants throughout Portugal. Since it emerged there would be a Burger King in Cascais local residents have protested.

Last month a petition was launched by locals asking Cascais Mayor, António Capucho, to cancel permission for its construction.

The reasons for this included it being in a residential area and that its construction would intensify already-difficult traffic, as well as a number of environmental and diet-related issues.

Cascais police detain trio in failed optician's robbery

PSP police have detained three men after they were caught red-handed, having broken into an optician in downtown Cascais and were attempting to make away with eyewear to the value of €20,000.

The trio, who were all aged around 20, were caught in the

act as they fled the scene of the crime, "carrying various boxes of glasses", a PSP source confirmed.

The group arrest took place when a EIR (Team of Rapid Intervention) officers were coincidentally patrolling the 25 de Abril Avenue in Cascais.

Government promotes Cascais

The Government has recently approved a promotion plan for Estoril and Cascais, with the Secretary of State of Tourism, Bernardo Trindade, giving €2.5 million to the Council for organizing leisure activities.

The money handed to Cascais Council is to be used for concerts, Maré Viva (a programme destined to keep young people en-

tained during their free time), and many other schemes.

At the same time, the Government also approved a promotion

plan for Turismo do Estoril, which integrates the international and national promotion of the Estoril brand.

Woman run over by train



A woman died on Estoril's train line last Tuesday after being run over by a train between Estoril and São João do Estoril stations.

According to Emergency Medical Services, a call was received at 12h48 and an ambulance was immediately sent to the location. On arrival, the vic-

tim was already deceased.

The train involved in the accident was delayed causing delays on several other trains until 13h40.

Lisbon tops buying power table

According to a sales index compiled by research agency Marktest, six of Portugal's 278 councils were found to have 25 percent of the entire nation's buying power.

The city with the biggest buying power was found to be Lisbon, with 10.8 percent of the total spend.

Oporto came in second with 3.7 percent, followed by Sintra, which boasted 3.5 percent of the nation's buying

power. Vila Nova de Gaia came in fourth with a slice of 2.6 percent, followed closely by Cascais (2.4 percent) and Oeiras (two percent).

Together these six cities represent 25 percent of the total.

Father runs over own child

A two year old child died last Wednesday in Ericeira after being run over by her father whilst he was performing a manoeuvre.

The Accident Investigation Department of Torres Vedras said all evidence showed that the father did not see his own child whilst he was manoeuvring his car, due to her size, and ran her over. The accident occurred at 21h00 on Wednesday night in Fonte Boa da Brincosa, in Ericeira.

Mafrá firefighters and an Emergency Medical Team arrived at the location and attempted to resuscitate the young child, unsuccessfully.

The toddler was taken to Torres Vedras' Hospital Morgue whilst officers carried out investigations at the location of the accident to gather evidence.

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Learn Portuguese, get connected

The CLCC - Centre for Languages, Culture and Communication is a private institution, located in Portimão that has already been in existence for 16 years. The company is officially recognised by DGERT - Direcção Geral do Emprego e das Relações de Trabalho, the Ministry of Education and the British Council. The CLCC has a large number of teachers certified by the IEFP - The Portuguese Employment Institute.

During its 16 years of existence more than 10,000 students and thousands of private and public companies have taken a course at the CLCC, in Computing, Languages and Management. The CLCC has taught more than 200,000 class hours in total.

Learning Portuguese (PLE)

It became clear that many foreigners had settled in the Algarve, and with this in mind the CLCC has specialised in Portuguese for foreigners as well.

Throughout the year you can attend several Portuguese courses at the CLCC (Beginner, Intermediate, Advanced and Conversation classes, year long as well as intensive courses).

'Janela Aberta'

'Janela Aberta' aims to 'open a window' to Portugal, its culture and habits, by organizing activities like guided visits to places of historic or cultural interest, evenings with information about music and gastronomy - of course including listening and tasting!

From April onwards a monthly event, 'Janela Aberta', is being organised.

These events are open to students, foreign residents and their family and friends; everyone eager to learn the Portuguese language.

On Friday April 3rd a Fado afternoon was started at the CLCC; teachers spoke about the background and history of Fado, using pictures and CD's to make everything clear.

The chorus of the famous fado 'Cheira bem, cheira a Lisboa' was rehearsed with everybody in full voice. Of course a professional Fado singer was present; Sara Raquel, who has a wonderful voice and enchanted the audience, together with two guitar players.

The Fado 'Cheira bem, cheira a Lisboa' was sung as well, and everyone sang along!

There were other typical ingredients of a fado evening; red wine, caldo verde soup, chouriço and pastéis de bacalhau, to complete the Portuguese experience. The atmosphere was very relaxed, everybody had fun and enjoyed themselves.

The upcoming 'Janela Aberta' events are equally interesting; on 22nd May they will visit the recently renovated museum of Portimão for a guided visit.

After the visit an interview with the museum's director professor José Gameiro will be held.

In June a boat trip will be organised along the river Arade, from Portimão to Silves, the old capital of the Algarve.

The first event was a great success and we hope the next ones will be even better!

DELEME's special April campaign

Until the end of April, DELEME Commercial, which specializes in windows and doors, is running a campaign in which all their products are reduced to prices as if they had 5.5 percent IVA, as in France and other European countries.

This equals a reduction of almost 20 percent on the cost of IVA.

With this campaign DELEME Commercial hopes to raise awareness amongst all relevant entities, as well as

its customers, as to the importance of upgrading buildings, improving urban quality as well as the quality of citizens' lifestyles, and encouraging savings made by opting for environmentally-friendly products, for a healthier planet.

During this period, DELEME Commercial and its suppliers will be adjusting prices as if IVA was at 5.5 percent on all products, and in all its outlets (Oporto, Cantanhede, Lisbon and the Algarve).



AirPass - leading the way



Airpass went on to obtain licenses for Passenger Handling, Ticketing and Supervision Services in Lisbon, Oporto, Funchal and Ponta Delgada.

Striving to deliver extremely high service levels and punctuality, ensuring aircraft turnarounds are as smooth and quick as possible, AirPass soon built an outstanding reputation, both locally and internationally.

Their services are now used by the majority of Scandinavian airlines operating into Portugal.

Airpass now has over eighty employees working at Portuguese airports, providing services such as: passenger handling, ramp supervision, staff sourcing, broker representation, general aviation, events, ticketing, hotel bookings and car rentals.

Having handled events such as the Euro 2004 Football Championship and the MTV Music Awards - Lisbon, you can rest assured their services will meet the highest standards.

Its staff also represent several airport lounges, such as BrownCare, a special unit designed to provide care for people who need special attention, and Blue Lounge, VIP airport lounges.

Established strongly in the industry, AirPass' super services are now being rented out to third parties and even to their competition, and are also licensed to sell tickets.

Established in 1994, AirPass offers a variety of services designed to guarantee clients a hassle free airport experience.

Operating in several national airports, AirPass has established itself as a highly regarded passenger handling and supervision services company in Portugal.

Marianne Vikre entered the aviation sector over three decades ago working for SAS (Scandinavian Airline System), where she worked her way up to management. She soon realized there was a market gap in Portugal, where passenger handling and supervision services were run by a single company, TAP's affiliate Groundforce.

In 1994 Marianne established Airpass, having acquired a license to operate out of Faro Airport.

After the liberalization of the Portuguese market in the year 2000,



Só Tinteiros

Based near Lagoa and established in 2006 by photographer Frank Murray, Só Tinteiros re-manufacture laser toner cartridges and sell compatible HP and Lexmark inkjet cartridges.

Re-manufacturing simply means stripping a cartridge to its component parts (see inset photo), cleaning all parts and/or replacing any that may be damaged or worn.

Then the cartridge is re-assembled and refilled with a dedicated toner, returning it as new, all for a substantial saving over the cost of a new cartridge. Some cartridges have 'smartchips' installed and these are replaced as necessary.

Toners are specific to each printer, or group of printers, and there are over 500 toners on the market which differ due to particle size, shape, or electrical charge.

The company keeps a stock of the



most common toners used in the Algarve, or can obtain a specific toner usually within a few days.

They are also agents for 'Krystal Inkz', a UK based company who re-manufacture inkjet cartridges, which have been thoroughly cleaned then filled with dedicated inks of German origin.

They have an outlet in Carvoeiro, R&J Técnica, in Rua dos Pescadores, nº131, Loja 6, on the right side of the road coming from Lagoa, where you can either purchase inkjets, leave your toner cartridge for refilling and collect it in 48 hours, or a mail service is also offered.

THIS WEEK'S PROFILES



CLCC

For more information, contact CLCC on: 282 430 250, email: geral@clcc.pt, or see website: www.clcc.pt



DELEME

For more information, contact one of the following shops:

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Cantanhede: - Av. de Portugal - 3060-124 Cantanhede - tel. 231 429 130 - fax. 231 429 204.

Lisbon: - Av. 24 de Julho, nº3 letra G - 1200-480 Lisboa - tel. 213 931 690 - fax. 231 931 699.

Algarve: - Est. De Albufeira - 8125-406 Quarteira - tel. 289 362 259 - fax. 289 362 260. Or e-mail: geral@deleme-comercial.com.



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For more information on Airpass, please visit their website: www.airpass.pt, their online flight info page is very easy to navigate.



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Left to right : APAA's Jenny Clarke, Sheila Buckley and opposite Alan Camplin-Smith.

Charity dinner success

O Caseiro Restaurant at Arau hosted a lively charity dinner/dance in aid of APAA and Lagos Orphanage on Saturday 18 April.

DJ Jimmy gave his services free of charge and also supplied the "Mystery Prize" which he auctioned for €70. The total sum raised was €444 which was split between the two charities.

Jenny Clarke of APAA, speaking on behalf of both charities, expressed her thanks to the restaurant owners, DJ Jimmy, those who donated raffle prizes and all the revellers who made the evening so enjoyable.

Writer's workshops

Jenny Grainer started writing workshops in the Algarve (Hotel Garbe, Armação de Pêra) many years ago (and is still giving them). Other authors are following suit. Lisa Selvidge is giving monthly workshops in both Lagos and Monchique.

The Workshops are open to all nationalities but will be conducted in English. To reserve a place, please contact Lisa Selvidge at clx.pt or Tel: 962 887 680. Cost €10 www.lisaselvidge.com

So whether you are a beginner or a fully fledged writer - get going, get better, join!

ALFA's May invite

May's month's ALFA literary guest will be Mr. Crime himself - The highly acclaimed and rewarded master of crime fiction Robert Wilson.

His new website www.robert-wilson.eu provides a lot of forehand information.

Robert Wilson will read from his latest book, the ignorance of blood and talk about his life as a writer.

Don't miss the 4th of May at the Convento São José, Lagoa. Start: 7.30pm. Snacks & drinks: 7.00pm. Entrance: €5 (members €4).

To be sure to get a seat, make your reservation here: Tel.: 917 602 607

St. Patrick's Society monthly charity walk

The April walk on Saturday 25th will start at 10.30am, prompt.

This is a one and a half to two hour walk to enjoy the West Coast views & wild flowers, followed by lunch at a beachside restaurant.

Directions, leave western end of A22 motorway at

Bensafrim, go 20.5km almost to Aljezur, turn left & left again at top of hill, follow signs for Arrifana, 7.0km from Aljezur road turn-off is an unpaved parking area on left where we will start.

Sensible shoes please. Walk leader Jim Brownlow Tel: 282 431 595.



East Algarve Walks

Every Tuesday & Friday mornings.

For more information Call 913 595 868.

brian@moonlightservices.eu
www.moonlightservices.eu

Lets walk... from Mexilhoeira Grande

Wednesday April 29th

A beautiful walk through unspoilt countryside of almost 2.5 hours. It is fairly easy with no real climbs so everyone can come along and enjoy a great morning out.

10.30 am start - meet at the church in Mexilhoeira Grande. Leave the A22 at the from

Mexilhoeira Grande exit and follow the signs for the village. Turn left into the village and follow the road that leads right through the centre of the village, the church is at the top on the left hand side - there is plenty of parking in the side streets and also cafes.

No need to book please just come along with a sense of humour & wearing comfortable shoes, there is a small charge of €5 for the walk.

Julie Statham 965 753 033 or www.portugalwalks.com

Muddy Cogs Bike Ride

This weekends ride is on the Sunday 26th April instead of the usual Saturday.

The starting point is at the old bridge at Tor on the main Loulé to Salir road. Meet at 10.30am for a 10.45am start.

This weekends ride is mainly flat or descending apart from three climbs, one of which is on a dirt track, the other two on tarmac. There is one tricky section along a narrow rocky path along the riverbank, otherwise the ride is not so difficult. There are some interesting sights and generally good scenery all along the way.

If you need bike hire or trans-

port, then please contact us in advance so that this can be arranged, as the bike shop will be closed on Sunday. Any hire will need to be arranged the day before.

As this is a Sunday morning / lunchtime ride, we do plan to stop for a Sunday lunch around 12.30pm which leaves about 30 minutes of cycling after lunch.

For more information, contact Paul Beesley on: 289 360001, 913 226 954, e-mail: paul.beesley@sapo.pt, or see website: www.activityalgarve.com.

Lisbon's Flamenco Festival 2009

The art of Flamenco has returned to Lisbon to captivate the population with shows, workshops, lectures and representative films.



The best Flamenco in the world will be held at Cervantes Institute and Aula Magna

From 23rd April to 20th June, the Cervantes Institute and Aula Magna will be the main locations of the festival, where the best Flamenco in the world will be shown.

For the second time, Lisbon will be receiving some of the most prestigious artists of current Flamenco, such as Javier Barón (National Spanish Dancing 2008 Prize), Jerónimo Maya (guitar virtuoso), 'Manglís Compas Machine' and Portuguese artist Raquel Oliveira. Tickets are available at Ticket Line,

Plateia, Bliss, Fnac, Livraria Bulhosa, Ag. ABREU, Worten, C.C. Dolce Vita, Megarede and El Corte Ingles.

Besides the shows, the festival integrates several activities such as movies, exhibitions, seminars and workshops, all led by two of the most important Flamenco artists of the world, Ricardo Pachón and Faustino Nuñez.

For more information about the Lisbon Flamenco Festival 2009, please visit: <http://flamenco2009lisboa.blogspot.pt/>.

Are you a member of an association or group that deserves mention? Then this is your opportunity to tell the nation all about it; find new members, or maybe even start your own!

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"Best designed (Algarve par 3) layout" - Greg Turner.
"Top Holiday Golf Course" - Top 10 Algarve, Dorling Kindersley.

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The International Ladies of Caldas da Rainha

New mums leaving Caldas Maternity Unit MUST have a baby seat fitted in the car they travel home in, but realistically, many families don't have the funds to buy one.

With this in mind, we have once more used some of our charity funds (money raised by raffles and donations) to provide baby car seats to the hospital. On Friday 17th April 2009 nine baby car seats were presented to the "Friends of Caldas Hospital" by The International Ladies of Caldas

da Rainha, represented by Olimpia Costa (President), Pamela Patten (Vice President) and Sheila Chettle (Member).

The International Ladies of Caldas da Rainha meet on the first and third Mondays each month at 3pm to 5pm at the Internacional Hotel, Tornada Road, Caldas da Rainha.

New members are always welcome.

For further details please email: int.ladiescaldas@hotmail.co.uk

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Steamed spare ribs with sweet chilli and peanuts

Serves 2

A dish to truly prove your Thai credentials. Enjoy getting your fingers sticky. This shouldn't be served with cutlery!

- | | |
|---------------------------|--|
| 1 rack of pork belly ribs | 500g raw peeled peanuts (blanched in cold water & dried) |
| 1 litre beer | 2 garlic cloves |
| 2 cinnamon stalk | 2 chillies |
| 1 star anise | 150ml sweet chilli sauce |
| 6 cloves | 2tbsp fish sauce |
| 1 stalk lemongrass | Juice of 1/2 a lime |
| 2tbsp coriander stalks | |

Steam pork ribs over the beer and spices for three hours. Allow to cool before portioning into individual ribs. These can be stored in the cooled down steaming liquor.

Place peeled raw peanuts in a pan of cold water and bring to the boil. Drain, dry and cool. Roast in low oven (110C) until light golden brown - around 20-30 minutes. Crush nuts in a

clean tea towel with a rolling pin.

Place the coriander stalks, garlic cloves, chillies, sweet chilli sauce, fish sauce and lime juice in a food processor and blend until smooth.

Fry ribs until hot, soft and lightly caramelised. Brush on sticky chilli glaze. Finally roll in crushed roasted peanuts. Garnish with fresh coriander leaves.



Time for Thai

Find out how to bring the taste of Thailand home with these recipes for a tasty Thai feast.

Steamed mussels with lemongrass and chilli

Serves 2

This healthy dish is simple to make but looks impressive. Make sure you garnish it with plenty of fresh coriander.

- 200g mussels (cleaned and bearded)
1 shallot (finely chopped)
1 stalk lemongrass (bruised and chopped)
1 garlic clove (crushed and chopped)
100ml Beer
50ml chicken stock
4 chillies (seeded and finely sliced)
1 handful coriander leaf (torn and chopped)
A little oil for frying

Fry shallot, garlic and chillies in a heavy saucepan in a low heat for two-three minutes. Add lemongrass, beer and stock, bring to the boil for a couple of minutes.

Throw in the mussels, cover and steam until all the shells have fully opened. Discard any that remain shut and garnish with plenty of fresh coriander.



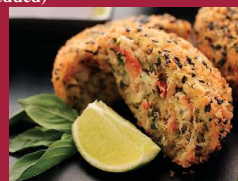
Sesame crisp thai crab cakes

Serves 2

This simple starter could easily be turned into a main course. Serve sizzling hot with plenty of slices of fresh lime.

- 300g fresh cooked crab meat (white)
3tbsp fish sauce
5 kaffir lime leaves (shredded)
5tbsp chopped coriander
1 diced shallot
1 clove crushed garlic
1 lime juiced
1 egg, whisked
For the coating:
2 eggs, whisked
100g breadcrumbs
100g sesame seeds
Flour to dust

Combine all ingredients. Form into two-inch balls. Roll in flour then coat in egg. Finally roll in



breadcrumbs and sesame mix. Shape into cakes and deep fry for two minutes. Remove when crispy.

Thai marinated prawns

Serves 2

This delightful summer dish is healthy and tasty. After you've tried it with prawns, experiment with other seafood.

- 100g (3oz) peeled cooked prawns
2tbsp coriander leaves
2tbsp mint leaves
Juice of 2 limes
2 cloves of garlic, sliced
2tbsp fish sauce
1tbsp soft brown sugar
1 shallot, sliced
6 bird's eye chillies, bruised (or to personal taste)

Combine the prawns, coriander leaves, mint leaves, lime juice, garlic, fish sauce, sugar, shallot and chillies. Wait until the sugar has dissolved and add



to the prawns. Leave prawns marinating for at least one hour (preferably overnight). Serve with a sprinkling of mint and coriander.

Restaurant Write-ups

Mr Grillo is located in the centre of Porches in a colourful square allowing plenty of parking. Typically Portuguese - cosy and rustic with a wooden ceiling and subdued lighting inside, but if you prefer to eat your meal al fresco there is also a terrace. Your hosts Eduardo and Billington offer international cuisine (flambé is their speciality) all at good value. They also have a bar stocking a fine selection of Portuguese wines, a choice of vegetarian dishes, and a children's menu as well. Their cheerful, attentive

staff speak several languages and look forward to taking your reservation.

The Battering Plaine in Almancil (just next door to the Post Office) is the place to go for English Fish & Chips as we know and love them! As well as offering traditional cod and chips they also have Haddock, Scampi, Doner Kebabs, Pies, Sausages and much more. You can eat in the restaurant or order a takeaway, and there is a delivery service to Almancil, Quinta do Lago and Vale do Lobo areas as well.

For our restaurant guide please see the hotline on pages 32 & 33

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Four replies to 'Gum Problems' letter

Just a line to thank you for taking the trouble to e-mail me with the four replies to my distress call! I am grateful and more than ever impressed with the Portugal News. I will try the nearest dentist.

Christine Dearden, By e-mail

The Water Law

SIR, Jean Ferran beat me by a short head last week in breaking the news on the new law on water supplies. I was going to sound the alarm myself, but he (or she) has done it for me. Nevertheless I would like to add a few choice words myself on what I and a very great number of Portuguese people think of it.

I suppose that dishing out a new law whose date of operation is a mere 6 weeks away, with a fine of €25,000 for non-compliance, is by no means unusual in our European paradise, but the content of the law needs a little examination.

Pretty obviously this is a money spinner for our cash-strapped masters hence the by no means paltry fine if you are a bit late with your info, they want, as they are going to be doing all this so that they can charge the rural population for something which has cost them absolutely nothing.

Now I have no problem with paying for water supplied by the authorities; they have paid for the pipe laying of the mains, maintenance of the pumps etc, etc. But when it bubbles out of my ground, and I have to pay for the maintenance of the spring, filtering the stuff and sanitising it, I take it

badly that some legalised robber comes to my door and demands payment for something for which he has done nothing.

Don't be fooled. The charges will start (I hope) by being fairly nominal, but increases about 5 times the inflation rate annually could easily be envisaged.

MIKE HENTALL, Alferce

The Chinese Monetary Wheel

SIR, The Chinese, invented the wheel. Now, based on the original, they have invented the International Money Wheel.

It goes like this: Pay your workforce peanuts and employ children to save more money. Make cheap copies of absolutely everything you can think of. Set up thousands of factories. Bring hundreds of coal fired power stations on line to serve the factories. Establish a team in every country to buy four or five shops in every town in that country to market the produce.

Establish enormous depots for the imported goods. Understand that the people of the world are greedy and like to consume. They cannot refuse a bargain even if they don't need it and it doesn't work. Arrange an enormous publicity showcase and invite teams of representatives to attend from all over the world. Call it the Olympics.

Be hard nosed about adverse publicity when toys are found to be painted with lead or when milk is contaminated with melamine. Execute those responsible. Create hardship all over the world when businesses making things

that do work fail because they can't compete.

Oh, and pay over the odds for fuel and materials so that prices soar. Build enormous ships that can carry all the junk round the world for 1% of the FOB price of the goods. Pocket trillions of dollars.

Buy all the recycled metal from Europe and the US which includes the corpses of millions of machines that broke down one day after the guarantee expired. Use that amalgam of mixed, recycled metals for further manufactures which break down even quicker.

And when the West is hit by a really bad financial crisis, and have to borrow trillions of dollars to refloat their banks, kidding their publics that the 'tax payer now has a stake', lend them the money!

KITT HACKERAY, By e-mail

Sustainability

SIR, Sustainability seems to be the 'in' word of today greatly misused by the media, by industry, by commerce and by other enterprises which want to give the impression that they care about our environment. It has become the dictum for business as usual and continued growth without regard for any deeper meaning or implications.

In earthly terms sustainability is the end result, or consequence, of the methods used by Nature to ensure the continued survival of our planet. Biologists call these methods ecological systems or the ecology of earth or of a particular area.

The media uses the abbreviation 'ECO' to describe goods and services which are designed to conserve particular ecological systems and not damage local environments but since there is nothing static about any ecological system the description is often meaningless.

An ecological system is a living network in which there is a ceaseless exchange of energy and matter by physical and chemical reactions between inter-related and inter-connected nodes including the environment which enables the system to replicate certain constants and generate new resources.

Some of these nodes are life forms such as the diverse flora and fauna of the particular environment whereas others are reactive chemicals or combinations such as cells or molecules. This complex network system makes our planet habitable and provides for everything we really need for survival.

Our early ancestors understood this and revered Mother Earth for the bounty she provided. However a quantum leap in the development of our brains gave us enhanced logical and abstract thinking processes which was like opening Pandora's box. We lost this contact with, and respect for, earth and Nature.

We need to reconnect with Nature and remember that we are simply a part of the ecological system and that our way of life has a major influence on it. As humans we have many rights and privileges defined under the UN Declaration but there is no Declaration of rights for the earth and Nature. A duty of care is voluntarily undertaken by a range of independent Stewardships and Protection agencies but this is not enough.

We need a new branch of Law for Earth Jurisprudence as proposed by barrister Polly Higgins at the last UK Climate Change Conference. Scrap any ideas of acceptable levels of pollution, ban Carbon Trading Certificates and make it illegal to abuse, pollute or interfere with the earth and Nature. This is the only way to make industries and Governments take action. Any other suggestions will be welcome.

JOHN M. NUTTALL, Alvor

When does a recession become a depression?

SIR, A couple of issues back you quoted a report saying there was a massive increase in the number of people checking out the meaning of recession. I think we should be talking about the D word not the R word.

When I was at college two consecutive quarters of negative economic growth defined a recession. Two years of negative economic growth defined a depression. This means by the classic definition the US certainly will hit depression very shortly. I don't see how they can avoid it with two more years of mortgage resets in the pipeline, plus the way money is being channelled into duff companies instead of into new vibrant ones. And what about the commercial real estate failures that are about to hit big time? By the time you read this the first one will probably have gone belly up unless they can find a mug to pay the interest on their insane loans.

However, I recently heard a different definition from Bill Bonner, that charming contrary editor who has had a string of best sellers about the current state of the US economy. He is always entertaining and very prescient. He explains the two terms as follows.

Pretend the economy is like an athlete who has been overdoing it lately. This athlete is clapped out and needs a rest. He comes in from his latest race, and collapses, and has to be carried off to the local rest home for a break and recuperation. There he gets his strength back, conserves his resources, and when he is fit comes back ready to win again. That's like a recession. The markets have overshot, and everything else needs time to catch up. After the requisite downturn and general rest and recuperation everything gets going again.

A depression is not simply a longer version, it is a different

beast altogether. Let's have another look at our athlete. He has excelled himself in his last race, comes in first, and collapses on the track. He is carried off to the rest home but is pronounced dead on arrival. He is not going to get up again. He's had it. Caput!

This calls for a re-think, and a change of course. You need a new athlete. You can't resuscitate a corpse. That corpse certainly won't be entering, let alone winning, any races in the future.

I don't know about anywhere else, but in the US they are trying to inject lifeblood into a corpse, and someone will shortly find out that it won't do any good. That's what a depression is all about. Politicians, as always, are a bit slow on the uptake. Ordinary Americans, however, have already discovered that's where they are. Things have to be bad if they wave banners saying "Bring Back the British" on Tax Day. I only hope they don't get serious about that one. But you see what I mean about a depression marking the end of an era. Exciting isn't it?

JOHN CLARE, Arao

Check before you spend!

SIR, It maybe of interest to some of your readers to know the following. Clarins skincare range is listed on the Internet, with prices of items in the UK. Recently I purchased from a perfumery in Ericeria a cream priced at €59.00. The same item in a major store in Lisbon was €37.00.

At the time I thought it must be a different size; but when I got home I checked on the Internet and sure enough it is the same size and priced at €37.60. I contacted Clarins who explained prices are not controlled at the UK head office.

It is such a huge difference in value, so when purchasing, readers beware!

MRS. L.R. ANDERSON, Mafra

Portuguese for Beginners

Emília Rosendo

⑤ Select from the list below the verb to be used with the structure "estar + a" in "Pretérito Imperfeito do Indicativo".

conversar	consultar	reservar	aguardar
almoçar	jantar	correr	andar
ser	ver	ler	aviar

1. Ontem à tarde, eu encontrei o António numa agência de viagens. Ele e a esposa _____ as suas próximas férias.
2. Nós vimos a Márcia na farmácia. Ela _____ uma receita.
3. Eu vi-te anteontem no centro comercial. Tu _____ as montras com uma amiga.
4. O Pedro e os filhos estavam no parque. Eles _____ de bicicleta.
5. Eu acho que tu fizeste muito bem em avisar a Maria porque ela _____ obviamente enganada e consequentemente prejudicada.

142

THIS LESSON:
The verb structure "estar a" in the Past.

6. Todos viram a Susana na biblioteca da escola. Ela _____ uma enciclopédia.
7. Ninguém falou ao Pedro porque ele _____ um livro com a máxima concentração.
8. Eu vi o vosso cão hoje de manhã bem cedo. Ele _____ atrás de um gato.
9. Nós encontrámo-nos com a Ana na cantina da escola. Ela _____ com alguns colegas.
10. Ninguém vos interrompeu ontem à noite, porque vocês _____ tranquilamente.
11. Os dois amigos estavam no passeio. Eles _____ animadamente um com o outro.
12. Os pais do pequeno Daniel estavam no portão da escola. Certamente, eles _____ pela saída do filho.
13. Quando nós entrámos na sala, vimos que o Paulo _____ a lista telefónica.
14. Eu vi a Andreia na fila de uma repartição de finanças. Ela _____ a sua vez.

Portugal seeks stronger role in Southern Africa's economic development



Portugal wants to marshal "the synergies" of its various links to central and southern Africa to strengthen the Portuguese role in the region's promising potential for economic development, Foreign Minister Luís Amado said on Thursday in the Angolan capital.

"The perspective is to take advantage of the synergies of all (Lisbon's) resources in this region - political, diplomatic, economic, entrepreneurial - to strengthen Portugal's role in the economic development of this vast African region", Minister Amado said on arriving in Luanda for a two-day meeting with Portuguese ambassadors and business leaders.

Underlining Portugal's "many interests" in central and southern Africa, he pointed to the large Portuguese expatriate communities, the use of Portuguese as an official language in some of the

region's countries, and important investment and trade ties.

In Luanda, Amado was to lead the two days of brainstorming on economic diplomacy with the participation of six Portuguese ambassadors from the region, leading Portuguese businesses with operations in the zone, and African guests.

The meeting is the second Southern African Diplomatic Seminar organised by the Foreign Ministry, following a similar encounter in Pretoria, South Africa, last year.

TPN/Lusa

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Emília Rosendo at The Portugal News and I will return them corrected.

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PROPERTY

A weekly guide to the latest and the best properties on the market in Portugal • The Portugal News • 25 Apr 2009

PROPERTY OF THE WEEK

Calico Mobile Home Park – family friendly with fantastic facilities



Located in a very desirable location in the Eastern Algarve, between Monte Gordo and Tavira, Calico Park is a privately owned residential park set in nine hectares of rolling countryside on a south facing hill overlooking the village of Vila Nova de Cacela.

Within a 5 to 10-minute drive of some of the region's most beautiful beaches and historical

villages it is also just 45 minutes drive from Faro Airport and an hour's drive from Seville in

Spain. Calico Park is open all year round and offers a privileged location that is both private and secure, on the fringes of the Ria Formosa nature reserve.

The park is sympathetically landscaped to retain its natural charm and beauty whilst ensuring that each home enjoys a large plot with views.

The first thing that strikes you as you approach the development is the beautiful panoramic views of the Atlantic Ocean and the peaceful tranquility of the surrounding countryside and mountains.

Calico Park's friendly-gated community has a security entry system operational 24 hours a day providing security and peace of mind to guests and residents. The reception is open from 09h00 to 18h00, seven days a week.

With excellent facilities, such as a large swimming pool with lounging areas, a recently-refurbished bar and restaurant which offers a good selection of Portuguese and English foods, an Internet café, public telephone, mini market and launderette, the park offers solutions for all general needs.

Calico Park has a wide range of new Mobile Homes, Park Homes and Timber Lodges as well as a good selection of previously owned homes.



Those looking to invest in the region now have a rather different and very attractive proposition to consider. Calico Park can help you live your dream of a new life in the sun. If you are looking for a year round residency for very little outlay or an economic but delightful holiday home with investment potential, then Calico Park could be

just what you are looking for. More information is available on the Calico Park website at www.calico-park.com.

If you wish to arrange a visit to Calico Park then please call: (351) 281 951 195 or email: dave@calicoparksales.com. Please note that all visits to Calico Park are by appointment only.



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Ref. V-350 Price: €599,000



Near Silves

Charming detached farmhouse on 1200sqm plot. 2 double bedrooms, 1 shower room, spacious lounge/diner, equipped kitchen, small pantry, large covered patio. Nice garden, A/C, wood burner. Garage/workshop, utility room, space for pool, own borehole.

Ref. V-351 Price: €240,000



Salicos

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<p>Vilamoura Attached villa composed of 2 bedrooms, 1 bathroom, lounge with fireplace and dining area, kitchen, storage and terraces. Furnished and equipped. Communal swimming pool and garden area. Construction area: 127 sq.m. Ref: V12324 Price: À 245,000</p>	<p>Estói Country villa composed of 4 bedrooms, 1 bathroom, lounge with fireplace, dining room, kitchenette, storage and laundry room, parking area, swimming pool, garden and various fruit trees. BBQ. Furnished and equipped. Construction area: 210 sq.m. Plot area: 1.680 sq.m. Ref: V12612 Price: À 225,000</p>	<p>Vilamoura With excellent sea & golf views, pent-house apartment composed of 2 bedrooms, 2 bathrooms, lounge with dining area, kitchen, terrace & roof terrace w/ jacuzzi & BBQ. Parking space & storage in the basement. Furnished & equipped. Construction area: 140 sq.m. Ref: A1315 Price: À 370,000</p>	<p>Patã de Cima Excellent villa composed of 4 bedrooms, 7 bathrooms, 2 lounges with fireplace, dining room, equipped kitchen, storage, laundry room and terraces. BBQ. Carport and garage. Swimming pool and garden. Many extras included. Sea view. Plot area - 5.000 sq.m. Ref: V12611 Price: À 2,500,000</p>
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Cool rooms for kids

Kids room need to be comfy, practical and fun. But why settle for that? Follow our guide to creating the coolest kids rooms around.



A teepee, from Cool Spaces For Kids by Sam Scarborough.

Keeping children amused can often be a tricky task and your home needs to be up to the challenge.

Take heart, the answer need not be lashing out on hugely pricey toys - bribery, in my humble experience, only buys short-term silence. Instead, the imaginative and far more long-lasting answer could be to turn everyday areas into inspiring play spaces.

Mother-of-one Sam Scarborough believes that there's potential for creative play in every square inch of the home.

"All too often these days children seem to have so much going on and are constantly entertained and absorbed by television and games that lack imagination," she says.

"But by transforming a small area or little-used corner into a fantasy place, you can bring the innocent magic of play alive again."

She's brimming with ideas for creative solutions like an under-the-stairs hideout, a 'house' under a dining table, a shop on a landing, or a fun bedroom.

"Very often it's the simplest ideas that work best, whether it's a tent made from an old sheet, or a fabric puppet theatre hanging in a doorway."

She's devised 20 simple and inexpensive projects for creating fun rooms and spaces for toddlers through to teenagers in her new book, *Cool Spaces For Kids*.

"At the moment time and money are often in such short supply that making the most of

home as a versatile play space makes sense," she says.

"Entertaining children at home is far cheaper than taking them on expensive outings, and the bonuses of stimulating their imaginations are huge."

Be inspired by tips and hints for making a playful home.

Clever Spaces

• Transform a corner of a room into an art 'studio'. Either paint an area in blackboard paint for chalk drawing, or hang up a roll of plain lining paper. Place a table underneath, (cut the legs to child height), and provide plastic chairs or blocks of foam covered in fabric for seating.

• Play cupboards are ingenious all-in-one spaces. Start with an empty cupboard and then kit it out with shelves, hooks and rails, perhaps to replicate a mini-kitchen or workshop for toy tools. Paint and decorate appropriately and continue the theme on the doors.

• Create an 'under-the-table' house by using an old sheet. Mark up a door and windows on it, cut out the shapes, and then stitch on plastic sheeting for the 'glass' and use fabric scraps for curtains and a door. Drape over a table.

• Make a cosy spot by a window by providing a bench seat, cushions or bean bags, maybe with each child's name spelt out in fabric letters. Let children make decorative paper cutouts for the window glass, and then add a storage chest with books and toys for quiet play.

Wicked Walls

A mural - no matter how amateur - is always going to be a winner with a child.

I painted a basic country scene on my daughter's wall using leftover wall paints and she's never forgotten it because I featured her pets and painted it in her favourite colours. But I couldn't compete with Sam Scarborough's truly inspired idea for a mural, which makes a wall interactive, tactile and colourful.

She chose, as an example, a simple street scene of two cottages surrounded by gardens. To make painting easy she suggests either using an old-fashioned projector to transfer the design on to the wall, or drawing the mural on tracing paper and dividing it into a grid before copying onto the wall section by section.

But the masterstroke is making it 3-D by adding small wooden window shutters to one window, a post box (simply a painted wooden box), and a hinged gate.

Removable cutout felt animals and birds hung on small hooks are the finishing touch.

"Use blackboard paint for a street sign, so the child can chalk on his or her name or house name or number," she suggests. Pin up a string clothes line and peg dolls clothes to it. Get a tape of birdsong for atmosphere and sit back and watch children's imagination take flight!"

Outdoor Hideaways

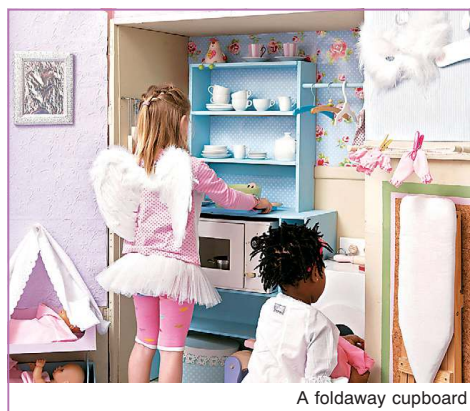
There's nothing like a mini playhouse in the garden to tempt children away from the television, Sam says.

"Convert an old garden shed or buy a new playhouse. But if you are making an old one ship-shape make sure the roof doesn't leak so that you can carpet inside and leave books and toys in there at the end of the day."

She suggests fitting one window with horizontal shutters so it can double as a shop front.

A lower shutter when open could be held with hooks to make a counter, while the top could be hooked up and painted in blackboard paint so the name or shop contents can be chalked on it.

By Gabrielle Fagan



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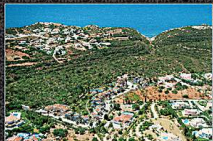
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Spring into summer with bulbs



We may still be admiring all our spring-flowering bulbs, as tulips and hyacinths come into their own, but if you want more bulbs in summer, it's time to start planting them now.



Crocosmia

There's a wealth of choice for both containers and borders, from fragrant lilies and dahlias, to cannas, gladioli, crocosmia and tulips.

The pineapple plant, *Eucomis bicolor*, was judged this year's summer bulb of the year by a panel of journalists and horticultural experts in an event organised by the Netherlands Flower Bulb Information Centre.

Its striking pineapple-like tuft of colour, sitting above a rosette of wide, fleshy leaves, blooms in July and August.

Cream and green variegated hostas and purple heucherellas look lovely rising out of gravel in a scree bed or grit at the front of a border.

While gladioli have earned themselves a reputation for being gaudy and difficult to place in a planting scheme, because their heavy spikes can look ungainly, some more subtle varieties are

available. These include *Gladiolus callianthus* 'Murielae', which can be planted in March and April, either in deep pots or in good soil in the sun, producing deliciously fragrant delicate white petals with a deep burgundy blotch at the throat from August to late October.

Most summer-flowering bulbs, corms and tubers are sun lovers, so are ideal for patio pots. Some, such as tuberous begonias, need to be started indoors as they are not frost hardy and can be moved outside once all danger of frost has passed.

Tropical-looking cannas, which produce fleshy exotic leaves and spikes of vibrant flowers from early summer until mid-autumn, can also be planted in pots. Start with the plants indoors in early spring, although I tend to leave my pots of cannas near to the house, covered with a mulch of straw over the winter,

and they still come back.

They like plenty of water during the growing season and rich fertile soil, so grow them in large pots in John Innes No. 3 compost. Protect against slugs and snails, which love the young emerging leaves.

Of course, the jewel in the crown of scent has to be the lily, with its impressive trumpets of blooms in many colours. Buy bulbs as soon as they appear in shops and keep them cold until you plant them. Ideally they should be planted in early spring before they dry out.

If you are planting summer bulbs in your beds and borders, draw up a design plan before you start. You don't want smaller bulbs being lost by larger perennials during the growing season.

Some bulbs are perfect for rejuvenating beds where annuals

are running out of steam and perennials like lupins and delphiniums have been and gone. Foxtail lilies (*eremurus*), which come in a range of colours, produce tall bottlebrushes of flowers in mid-summer, growing from one to two metres. They look lovely amid plantings of grasses and light perennials like *Verbena bonariensis*. However, they do have to be planted in early autumn in a sunny, warm, sheltered area to protect against strong winds. They need winter cold to flower.

Remember that most summer bulbs like heat, so a sunny spot is essential. They also need really good drainage, so add some grit or sand to the soil before planting.

As a general rule, plant bulbs at three times their depth below the surface of the soil or compost, or follow instructions given on the packet.

Some summer-flowering bulbs, such as dahlias, will need lifting at the end of the autumn and storing until next year. Others, such as the early summer-flowering allium, will go on for years with no fuss at all.

Hannah Stephenson



Bulbs and garden tools at the ready for planting.

Three ways to ...

Use ornamental grass effectively

1. If you have a lot of hard landscaping in a contemporary garden, like substantial paving steps and concrete features, use grasses such as gold-leaved sedge in pots to soften the line and bring colour and movement to the area.

2. Create a lush effect in bog gardens and by ponds, by mixing sedges and grass-like plants with other herbaceous moisture lovers. Don't go for anything too invasive. Check on the label first or ask an expert at your garden centre if you're not sure.

3. Add an oriental touch to patios or decking by planting bamboo in a container to provide a bold contrast to other plants. Don't let them dry out or you'll lose them. When planting, use John Innes No. 3 compost and check that the surface of the root ball sits 3-4cm below the pot rim. Put compost around the edges, firming gently.

Best of the bunch



Magnolia

These stunning deciduous or evergreen shrubs and trees produce great saucers of star shaped white or pink flowers in early and mid-spring. Some are ideal grown as stand-alone focal points, although their flowering is short.

The most impressive of the species is a tree, *M. grandiflora*, which will reach more than 20ft (6m) over a long period of time. It bears fragrant, creamy white blossoms between July and September. For spring flowers go for *M. soulangeana*, a spreading bush reaching more than 11ft (3.5m) high, bearing goblet-shaped purple-tinged flowers which open to white in April before the leaves.

This one is perfect as a stand-alone specimen in a garden.

If you're after something more compact, go for the Star Magnolia, *Magnolia stellata*, a slow-growing deciduous shrub whose silky buds open to star-shaped white flowers in mid-spring. It grows to around 3m (9ft), has a neat habit and attractive leaves for summer.

Magnolias need moist but well-drained, fertile, humus-rich soil in sun or dappled shade. April is the best month to plant them in a sheltered spot, away from cold winds. Don't plant too deeply and water any new bush well if there is a drought. Each spring apply a mulch of well-rotted compost around the shrub.

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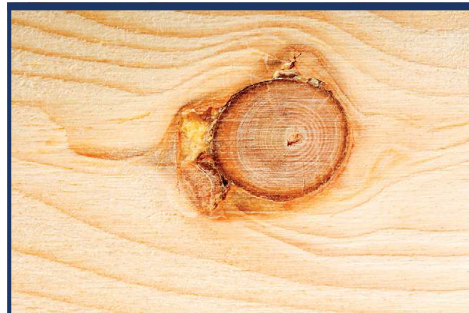
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Seal knots in wood for a good finish

Get those jobs done with a little help from DIY guru Julia Gray. This week: knotting solution

Top Tips for... using knotting solution

* Whenever you're painting bare wood, you first need to seal the knots to prevent the resin in them from bleeding through your paintwork and ruining your finish. To do this, use knotting solution, which you should find in the wood section of your local DIY store (it's usually dark brown).

* To start with, scrub the knots with white spirit to remove any excess resin and allow the white spirit to dry before continuing. Always ventilate the room when working with white spirit.

* Fill any holes or cracks in the wood with wood filler and when this has set, sand the repairs until smooth. Sand the

rest of the wood as well, to provide a 'key' for the paint so it adheres better. Wipe clean with white spirit and allow to dry.

* To seal the knots, apply the knotting solution using a paintbrush, covering the knot and the area around it so there's no chance of resin seeping out. Unless the manufacturer's instructions state otherwise, apply two coats - the knotting solution should dry quickly.

* Once the second coat is dry, apply wood primer or wood primer and undercoat combined. Quick-drying products are nicer to use because they're water-based and will speed up the time it takes to do the job considerably.

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A: Scrub the decking with detergent to get rid of algae and keep doing this regularly. If it's really bad, try using a pressure washer

as well. Cut back any overhanging trees and plants so the sun gets to the decking as much as possible.

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A young girl with an eating disorder.



Ask the expert

"My 14-year-old daughter has an eating disorder and is desperate to be skinny like size zero celebrity women. Why is she refusing to eat when all her friends are eating well - could the way we've brought her up be to blame?"

A: Dr. Ian Frampton, an honorary consultant psychologist at the Huntercombe Hospitals Group, who has just led a study into the developmental changes in the brains of anorexics, says the research shows the way children are brought up doesn't cause serious eating problems like anorexia or bulimia nervosa.

"Our research suggests that subtle random factors in early brain development may simply make some young people more vulnerable than others to all the media messages around thinness and body shape, especially during the stressful adolescent years.

"This suggests that neither parents, nor young people, should be blamed for eating disorders.

"We tested more than 200 young people with anorexia nervosa, and found around 70% had a specific style of thinking that might make them more vulnerable

to developing an eating disorder.

"They tended to be perfectionists, to find it difficult to shift from one way of thinking to another, and to focus on details rather than seeing the bigger picture."

Three ways to... ensure a vegetarian child gets the right nutrients.

1. Give them iron-enriched cereals, and try to serve them with foods high in Vitamin C, which helps iron absorption.
2. Ensure they get vitamin D through milk, or through limited (about 10 minutes a day) sun exposure early or late in the day.
3. Get them to eat avocados, nuts, nut butters, and soy products to get the right type of fats.

News for parents

Lisa Salmon looks at the weird, wonderful and sometimes weary world of parenting.

Bouncers, former soldiers and ex-police officers are being hired to cover lessons by UK schools looking for "crowd control", a union conference has heard.

Some UK schools appear to believe that being "stern and loud", or having a military background, is the only skill necessary to be a cover supervisor, according to Andrew Baisley, a secondary school maths teacher.

"I know of bouncers being employed specifically because they are bouncers to cover lessons," Baisley told delegates at the National Union of Teachers annual conference.

He said schools see hiring ex-

bouncers or army staff as a cheaper option to hiring a qualified supply teacher.

"Teachers can, and do, come from every background, but when you're going out thinking that the skill required (for covering lessons) is to do with military skill or crowd control from policing, that seems a very odd thing to look for."

Being stern and loud might help sometimes, but experience and training in dealing with children would be useful too.

Parenting qualifications aimed at pregnant teenagers and young parents will be launched at training centres around the UK in September.

Students will be offered units in antenatal skills, childcare, budgeting, healthy lifestyles, planning skills and work-related learning opportunities.

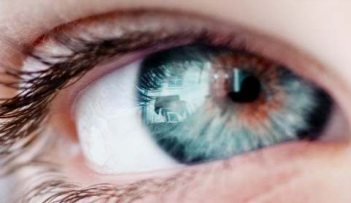
The course has no formal exams, but students work their

way through the units, gaining support and education to develop parenting and citizenship skills.

Shame the lessons are only for pregnant teenagers and young parents.

• FREE FLIGHTS •

Do you have Eagle Eyes? Look through the adverts (not editorial) in this week's paper and see if you can spot 3 Aer Lingus shamrocks (see the photo beneath). Some may be easy to spot, others well hidden or only partially visible. When you have found the three shamrocks, email us with the company names of the three advertisers.



Win 2 return tickets every week* Faro/Gatwick with Aer Lingus on their new route

Aer Lingus are launching a new route between Faro and Gatwick starting on 26th April. To celebrate the launch, they are offering our readers two free return tickets every week until May 2nd a total of twenty tickets, so if you don't win this week, try again next week*. The tickets can be used in either direction (starting from Faro or Gatwick) and are valid until 30th June 2009. They include all taxes and airport charges and the prize also includes one checked-in bag per person of up to 20 kilos. Please bear in mind that the tickets are offered on the basis that seats are available on the requested flights, so book as far in advance as you can.



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HOW TO ENTER:

Study all the adverts in the paper, and look for 3 shamrocks, the ones you will find on every Aer Lingus aircraft. They are small, and we have hidden them well and distributed them throughout the paper, so be sure you look everywhere. Once you have found them, email us at competitions@the-news.net with the company names of the three advertisers. Please write 'Aer Lingus' in the subject. We will draw the answers each Wednesday and the first correct answer that clearly identifies the locations of the shamrocks will win. The winner will be announced the following week. Remember, if you don't win this week, try again next week until the competition ends on May 2nd. The Royal Lancaster Hotel is happy to offer a room upgrade as part of the competition prize package. The winners would need to book the best available rate at the time they wish to travel and then inform the hotel so they could upgrade the room type. Winners will be sent a confirmation letter with instructions on how to request your flights and hotel upgrade.



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When is my child ready... to have a body piercing?

There is no legal age limit for ear or cosmetic piercing. Some London Boroughs have imposed license conditions relating to the age of the person who wants a piercing, and don't allow body piercing below the

age of 18, with the exception of ears, nose and navel.

Children under 16 can't have their genitalia pierced, as this is regarded as indecent assault to which the child can't legally consent. The same law applies to female breast piercings.



Readers Tip

Letting your toddler 'help' you do chores like vacuuming, dusting and unloading the washing machine might be time-consuming, but such chores can really help improve a child's motor skills.

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Last week's winner: Peter Chancellor, Vale Rabelho

There is no cash value or alternative to the flight tickets, which are non-transferable. Frequent Flyer points or air miles cannot be used in conjunction with the prize.

Take the rough with the smooth

It's the age old hair conundrum - women with thick, unruly hair long for fine, straight locks and ladies with sleek, thin tresses dream about running their hands through a voluminous mane.

How many times have you heard someone with naturally poker straight hair wish for bouncing curls, and vice versa?

"You'll never have great hair if you don't work with your hair's God-given texture," says Robert Vetica, stylist to the stars and author of new book Fabulous Hair.

"Texture determines so many things, from something as seemingly simple as choosing a shampoo or conditioner, to something as difficult as understanding how much stress your hair can handle if you decide to colour or perm it."

Get to grips with the texture of your hair and maximise it's glossy and glamorous potential.

Texture Talk

Once you've come to terms with your hair texture, it's far easier to get it looking like something that's just stepped out of a shampoo ad campaign.

But self-branding your hair type 'fine', 'medium' or 'thick' isn't quite as cut and dried as you might think.

"Hair texture can change over time," Robert reveals.

"Things like your age and the number of kids you have can affect your hair's texture... not even counting perming or colouring your hair."

Add hormonal changes, sunlight, pollution, vitamin deficiencies and the dreaded onset of grey to the mix and determining your texture can become tricky.

"Texture isn't about whether your hair's curly, wavy or straight. What we're really talking about here is strand thickness," Robert explains.

Fine

• Fellow fine-hair stars: Kate Moss, Gwyneth Paltrow.

• Characteristics: Light to the touch, thin strands.

Can you have fine hair but lots of it? Absolutely, Robert says.

"It's not about how many strands of hair you have. You can have fine hair with light, medium or thick density and it can also be curly, wavy or straight."

"If your individual hairs are thin, no matter how many you have, no matter what they're doing in terms of curl, you have fine hair."

For a voluminous hair boost,

check out product labels and look for a shampoo and styling products specifically designed for fine hair.

Medium

• Fellow medium-hair stars: Scarlett Johansson, Jennifer Aniston.

• Characteristics: Sometimes coarse, easy to maintain.

You're in luck if you have medium-textured tresses - and more time on your hands! This hair requires the least attention of the three types.

"You are really blessed if you have medium hair in any wave pattern," Robert explains.

"Even if your hair is straight, it can be curled easily and will maintain its wave until it gets wet."

"Medium-textured hair that's naturally wavy can be straightened with ease, or made curlier just as easily."

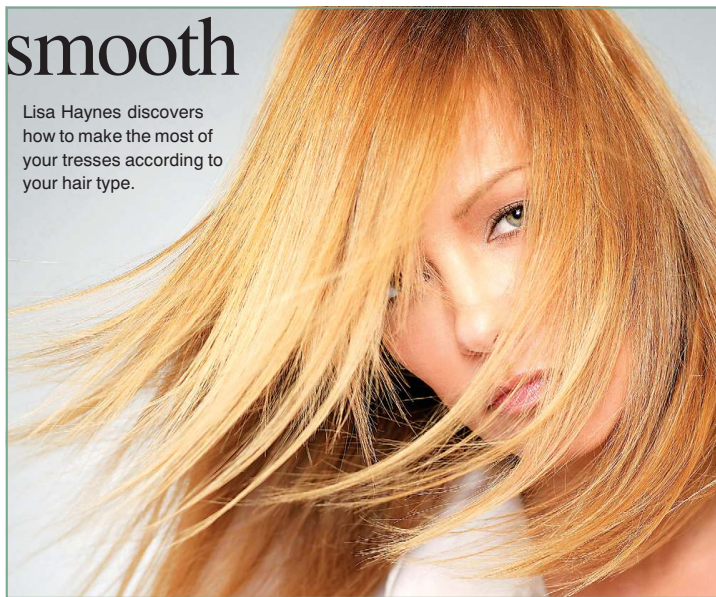
Thick

• Fellow thick-hair stars: Salma Hayek, Shakira.

• Characteristics: Coarse and heavy, tendency to be wavy.

You have the hair that women want, but you'll know all about the hard work involved in maintaining super-thick hair, such as

Lisa Haynes discovers how to make the most of your tresses according to your hair type.



attempting to straighten it if you have natural curls.

"You don't have to do much to your hair for it to look great," Robert says.

"You can even just wash and go, assuming you have a good style in the first place."

"As long as you use the right products, you can really go for a

few days without washing and/or re-styling. Even then, you can get

another day out of it by pulling it back into a pony."

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The bare bones of good

Could you be starving your skeleton? Adequate amounts of protein, calcium and the sunshine vitamin - vitamin D - are essential to build and maintain healthy bones. We find the best ways to safeguard them at the key stages in life.

Lots of people worry about their appearance and weight, but few bother to stress about the state of their skeleton - even though ignoring our bones may have devastating implications in later life.

Osteoporosis, a disease that affects one in three women and one in five men, occurs when bones lose density. It results in large holes in the delicate honeycomb structure of the skeleton, which then leaves bones very prone to fracture.

Building healthy bones during the teens through the 20s is key, but lifestyle changes at every age may also reduce the risk of suffering from a condition that affects around three million people in the UK each year.

"Many people disregard osteoporosis as just a condition affecting the elderly, and don't realise that there are many steps they can take at different ages to improve their bones," explains Sarah Leyland, helpline manager at the National Osteoporosis Society.

"While bone loss occurs naturally in everyone as they get older, broken bones because of

osteoporosis are not an inevitable part of ageing."

The condition is associated with post-menopausal women because the protective effect of oestrogen is lost after this time. The lifetime risk of a fracture in women at age 50 is greater than the risk of breast cancer or cardiovascular disease.

But research commissioned by the charity found that 70% of people under 30 are either unsure when they'll make lifestyle changes to ensure strong bones or won't make any.

"Osteoporosis is often referred to as the 'silent disease' as it may remain undetected until the time of the first broken bone, which commonly occurs in the wrist, hip or spine," Leyland says.

Check out our guide to maintaining bone health throughout the key stages in life.

Birth to 10

Research shows that bone quality in old age depends largely on diet and lifestyle as babies, children, and young adults.

Prof Roger Francis, chair of the National Osteoporosis Society's medical advisory board, explains that bone-building cells

(osteoblasts) work much harder in young children than bone-eating cells (osteoclasts).

"That's to help the skeleton grow as the child develops and it needs ever increasing amounts of calcium," he says.

What Bones Need: Up to 550mg of calcium a day. Calcium-rich foods include dairy products such as yoghurt, calcium-fortified soy milk, orange juice, and green leafy vegetables.

Custard, rice pudding or soy-based drinks are other good sources of calcium. Foods with slightly less calcium include baked beans, cereals, bread, cheese spread and dried fruits.

Age 10 to 18

Bones stop growing in length at around age 18 but continue to strengthen until the mid 20s.

"Just before puberty, calcium really accelerates bone growth," Prof Francis says.

"Unfortunately, it's just at this time many teens start to avoid dairy foods and drink fizzy drinks."

Girls and boys need around 1000mg of calcium a day. Eating disorders can also affect future bone density.

What Bones Need: As well as a healthy diet containing calcium-rich foods, exercise is key as it makes our skeleton stronger. Muscles pull on the bone when we move, encouraging new growth.

A Sheffield University study



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health

found that it was possible to increase the bone density of teenage girls by giving them extra milk over just 18 months.

Children may find it difficult to absorb enough Vitamin D from food sources such as egg yolks and milk, but exposure to the sun's UVB rays for just 10-15 minutes a day on their hands and feet, without sunscreen, between May and October should provide enough Vitamin D throughout the year. Do not allow skin to burn.

:: The 20s

Bone mass development reaches its peak in the early 20s, so this is the time to 'bank' bone for later in life.

There are concerns that people aged 18 to 24 are unaware of the condition, according to the Society's research. Instead of building bone health during the vital teens and 20s, they are endangering it by indulging in junk food, smoking, alcohol, and taking little exercise.

What Bones Need: Young adults need around 700mg of calcium a day, contained in milk and dairy products, including low

fat varieties.

Other foods containing calcium include almonds, sesame and sunflower seeds, broccoli, tinned salmon, sardines or pilchards - but make sure you eat the bones as well. Leafy green vegetables such as kale are also good sources of calcium.

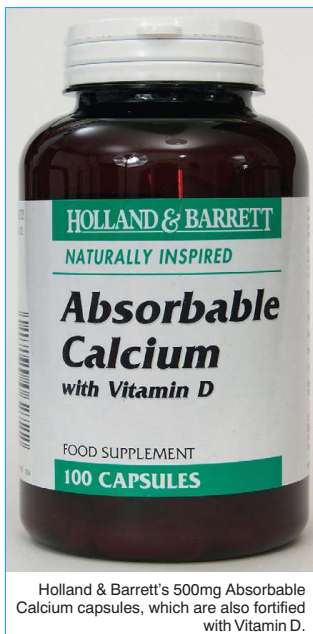
Breast feeding mothers may need to boost calcium intake further, by around an extra 550mg (around two glasses of milk a day). Pregnant women should not take Vitamin D supplements without seeking a doctor's advice.

What Bones Need: Resistance training and weight-bearing exercise like jogging, dancing, tennis - even running up and down stairs - help build bone and can reduce stress levels.

This is important as cortisol - the hormone released when we are stressed - suppresses bone formation and may lead to a decrease in calcium absorption.

:: 30s to 50s

Bone loss starts around now - in the 30s the rate at which bone is broken down starts to exceed the rate at which new bone is



Holland & Barrett's 500mg Absorbable Calcium capsules, which are also fortified with Vitamin D.

The ageing body does not absorb vitamin D from the sun very well, making it harder to absorb calcium. The risk of fracture rises from 2% at 50 to 25% at 80.

What Bones Need: Ask your GP about calcium or vitamin D supplements to strengthen ageing bones. Take up exercise or sports such as tai chi and golf, which are proven to boost balance, or ask your doctor about special hip protector underwear that cushions the impact if you fall.

Cut down on salt, as it can increase the amount of calcium flushed out through urine.

:: CHECK OUT BONE HEALTH

Those concerned about bone health, maybe because of a history of osteoporosis in the family, or have already suffered broken bones or lost height, should consult a GP.

They may be referred for the DEXA scan technique, an x-ray that tests bone density, offered by specialist clinics and available on the NHS.

For more information you can call the National Osteoporosis Society on: 00 44 (0)1761 471 771 or see their website: www.nos.org.uk.

:: WHAT CAN BE DONE?

Once diagnosed with osteoporosis - particularly after suffering a fractured bone - effective drug treatments may be prescribed. Physiotherapy and practical support may also reduce the risk of further fractures.

:: BONE BOOSTER

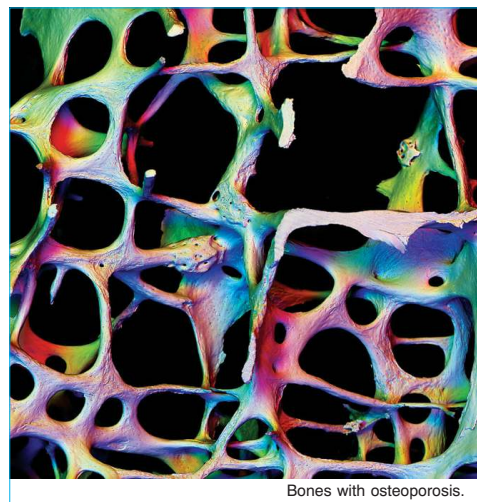
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Gabrielle Fagan



The human skeleton



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Merlin posing after his bath — butter wouldn't melt look!

This last week has been hectic in the shops, on the phone and in the emails with the high interest in our national dog. I will try and answer the questions — obviously I will be repeating myself to some of you but just scan read!!

The big problem with the present hype has been experienced so many times before: Duluxe and the Old English Sheepdog, 101 Dalmatians and the problems with Dalmatians, Bearded Collies and Labs have also suffered at the hands of high visibility. Sadly human nature is all the same, a 'must have' atti-

tude. As we all know the cute puppy does grow up, it becomes a teenager and finally an energetic adult. It needs feeding, walking, bathing, training, loving and much attention. Not everyone has the staff of trainers and carers available to the new pup in Washington.

Our Portuguese Water Dogs had been in decline, however after the last few years the numbers have increased significantly. They are no longer an unusual sight although people are still very impressed and intrigued with them.

Portuguese Water Dogs are fabulous dogs, they are loving, loyal and highly intelligent. They are the love of my life it has to be said. They need very firm training or they will just run amok. They need someone with them

Portuguese Water Dog fever



99% of the time as they hate to be alone. If left alone for hours I have heard they will find their own amusement, no doubt destructive! We never leave ours alone for long but make sure there is always someone with them.

They are intelligent, they love to work. So agility is an option (unless called Cleo and Merlin who will not do this, I do know others who do however), swimming and water trials are the best. Merlin will spend 2+ hours in the pool speeding up and down at break neck speed. Cleo will spend time in it — climb out then dive back in at the deep end and start again. They love to run around the outside of the house VERY fast and will do this for ages, chasing the puppy it has to be said — Cassie thinks it's good fun. They play ball, tuggy rope and rolling the stuffy balls around. They will walk for miles if you do, but not if you don't.

The aim of a Portuguese Water Dog is to be with its owner at all times. In our house mine see me as Alpha — this means that I have 3 dogs with me at all times (puppy and PWDs — Chloe is much too sensible). They follow me around the house at all times — if I am outside eating lunch they are there under the table. They are by my feet when I am writing, under the ironing board when I am ironing, follow the Dyzan around the house — they are never out of my sight. They follow me up the stairs — yes all three — and follow me back down 2 minutes later.

They could easily be trained as

assistance dogs I think — Cleo will bring me anything I want, she is amazing. She will take messages between Jim and I if we decide to let her — she is so good.

Those fabulous coats if kept long will take hours to look after and are always ten times worse after rain or a swim. I have to brush and comb them through most days — bath them every week. Teddy bear short coat would normally be the answer — however they will lose that distinctive PWD look then.

Portuguese Water Dogs will protect both property and person. They will guard and will bark to warn of danger.

We have in stock the wonderful book called The Portuguese Water Dog by Carla Molinari, this is very comprehensive including a history, general care, standards and much more.

I know of several PWDs both pups and grown ups in need of help and a kind loving home at the moment. I suspect the list will get longer as the novelty wears off once the tiny bundle of fluff develops teenage 'attitude'. Just email me and I will let you have any details I may have.

Protect your pet with knowledge. Knowledge is power and it could mean the difference between life and death. All our advice is given freely and in good faith. Please always discuss any pet problems with a qualified veterinary surgeon or other professional.

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Many adorable PUPPIES are waiting for a nice loving home. They will be medium to large size adult dogs. They have been wormed and defleaded. They will go to good homes which will be checked in a few weeks. Call Valérie for a visit 913 860 865 or 282 342 823 (eves) lili10.evann@yahoo.fr

ARMELLE is a lovely young bitch who has a sad story to tell behind her sad eyes. The people who had her first didn't see how wonderful, faithful and sweet she really is! She was dumped on the street, perhaps, because she was pregnant. She is a very happy little dog now, a bit possessive sometimes (which is understandable!), but adorable indeed! Give her a chance to share her love with you. Call Valérie for a visit 913 860 865 or 282 342 823 (evenings) lili10.evann@yahoo.fr



NINA is a gentle female dog of 2-3 years old. In autumn last year she was running, fell and did not get up — she got paralysed. Only her eyes moved.

We thought we would have to euthanize her. Our vet refused, he believed in her. He took her to the clinic and for 2 months did physiotherapy exercises with her every day. Nina started to walk. And now she can even run! She is a survivor! She has gone now to a "temporary family". She will never be as fit as other dogs, she gets tired much quicker so she cannot go back to the shelter. On our website: www.bianca.pt/english in "Urgent cases" you can see more photos and films with Nina to see that she is quite fit. We are looking for someone who would give her a permanent home. You can contact us at: sesimbra.bianca@gmail.com



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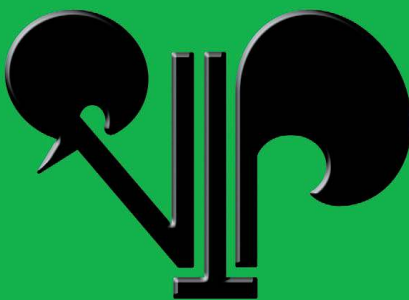
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Buried history comes alive in Pompeii

The sheer scale of the site - probably a mile from end to end - makes a guide essential. You can get a guide book to Pompeii which overlays photographs of the actual ruins with transparencies recreating how it looked in Roman times.

But you hardly need one when archaeologist Gillian Shepherd is your expert guide. Listen to her amid these magical ruins, and streets are once again thronged with shopkeepers and senators, fast-food sellers and soldiers, graffiti scribbles, prostitutes and errand boys, overburdened slaves and wealthy merchants borne aloft on sedan chairs.

You can almost smell the stench as she describes how fullers used to collect the ammonia needed to bleach linen by having large pots where passing men could lift their togas and make a donation of urine. And you can easily picture the worshippers in the temples, the wild beasts in the amphitheatre and the convivial gatherings in the baths.

All the vitality of this affluent little town in the Bay of Naples was snuffed out savagely one August afternoon in 79 AD when

Mount Vesuvius erupted with catastrophic violence and buried it beneath volcanic ash. It lay hidden and largely forgotten until its rediscovery in the mid-18th century, and has slowly revealed its secrets.

You can, of course, do your own exploration with books and audio equipment or join a day tour, but our expert was provided by our tour operator, Andante. Owned and run by archaeologists, it takes travellers to ancient monuments all over the world.

Pompeii, however, is consistently popular probably because Roman life is such an endless source of fascination to so many. What better place for an archaeological beginner like myself to start?

The town is undoubtedly the highlight of the week, with a full day devoted to it, but the tour tries to give a wider picture of the area

and the era: the trip is in fact called Pompeii, Herculaneum and Classical Campania.

Andante believes its trips are best enjoyed in the company of like-minded travellers who get to know each other and develop a camaraderie during the journey. Its groups are relatively small (usually about 19, top limit of 24), with coach travel kept to a minimum so that there aren't hours spent staring out of the window or chatting only to the person in the next seat. Everyone is also encouraged to eat and drink together in the evenings.

You don't need vast amounts of prior knowledge, only interest and enthusiasm, though I did feel rather daunted when a reading list of 30 titles arrived with my holiday details. However, the package also includes excellent 'field notes' distilling key facts into a few pages.

It also helps to be reasonably fit, as there is plenty of walking often in heat and humidity, and frequently over rough terrain. And although the pace is gentle - Andante, after all, means 'slowly' and there is plenty of time to stand and stare and absorb the atmosphere - there is much to cover, literally as well as figuratively.

Of course, time is occasionally



Paestum Temple of Athena, Pompeii.

set aside for a quick swim in the hotel pool and bit of shopping, but basically archaeology is what you see and what you get all day, every day. It's not for the half-hearted, though the company's Bare Bones division offers a more leisurely blend of expert guiding and free time.

For me, the all-embracing intensity made it memorable. My learning curve, though steep, was hugely enjoyable.

Other days featured visits to Vesuvius, Herculaneum and Pozzuoli, which has the 40,000-seater Puteoli amphitheatre - one of the best preserved in the world.

In Naples, the spectacular National Archaeological Museum houses the beautiful statues and other artefacts collected from the sites, including extraordinary mosaics made from tesserae (tiles) so tiny that the effect is almost like painting. Equally fascinating, for different reasons, are the contents of the recently re-opened gabinetto segreto (or secret cabinet) which houses the erotica of those ancient times.

On two evenings, Shepherd added to what she had told us on-site with an hour's illustrated lec-

ture at the hotel. Slowly, key components of the story were pieced together like a jigsaw. Prevailing winds and the lie of the land meant Herculaneum perished in a different way from Pompeii.

Whereas the latter was showered with ash and pumice, its neighbour was filled from the bottom upwards by the pyroclastic flow of volcanic matter, which subsequently set like concrete to depths of up to 70 feet.

So although less of Herculaneum has been excavated - the theatre and forum, for example, still lie beneath the modern town of Resina - some of it is better preserved. The 500-degree heat carbonised wood and other organic materials, and at the antiquarium in nearby Boscoreale there are blackened but entirely recognisable foodstuffs such as nuts, seeds and a loaf of bread, as well as a dog and a pig.

The curious counterpoint to these are the grey plaster-casts in Pompeii where Giuseppe Fiorelli, one of the first proper archaeologists to go there in the 1800s, had

the brainwave of pouring plaster into the spaces within the volcanic material caused by the decomposition of the bodies. The result is a poignant, frozen-in-time reminder that this was above all a human disaster.

Ask me now about Roman architecture, food, house design, wall paintings, the staging of games and the organisation of brothels, and I can probably give a good account of myself.

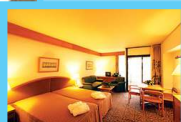
TRAVEL FACTS

:: Liz Gill was a guest of Andante Travels, which offers eight-day escorted tours to Pompeii, Herculaneum and Classical Campania for £1,375, from March until mid-October, including BA return flights into Naples, all meals (with wine and water) and entry to sites and tips, local travel, guide lecturer and tour manager.

:: Andante also offers packages without flights, from £1,220. Reservations: tel. 00 44 (0)172 271 3800 or go online to: www.andantetravels.co.uk

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Emma Roberts, Don Cheadle
(10.30 Sat & Sun)
Confessions of a Shopaholic
Isla Fisher, Hugh Dancy
14.40-17.10-19.35-22.00 (00.25 Fri & Sat)
2
Monsters vs. Aliens
Animation PV
(11.05 Sat & Sun) 13.20-15.35-17.50
The Strangers
Liv Tyler, Scott Speedman
20.05-22.10 (00.30 Fri & Sat)
3
Bolt
Animation PV
(10.40 Sat & Sun)
The International
Clive Owen, Naomi Watts
13.10-15.45-18.20-21.00 (23.40 Fri & Sat)
4
Knowing
Nicolas Cage, Rose Byrne
13.50-16.25-19.10-21.50 (00.30 Fri & Sat)
5
Fast & Furious
Vin Diesel, Paul Walker
14.00-16.30-19.00-21.30 (00.00 Fri & Sat)
6
Inkheart
Brendan Fraser, Eliza Bennett
(12.00 Sat & Sun) 14.25-16.50-19.15
Duplicity
Clive Owen, Julia Roberts
21.40 (00.25 Fri & Sat)
7
Hoodwinked
Animation PV
(11.00 Sat & Sun)
He's Just Not That Into You
Drew Barrymore, Scarlett Johansson
13.00-15.45-18.30-21.20 (00.10 Fri & Sat)
8
Marley & Me
Owen Wilson, Jennifer Aniston
13.45-18.40
Underworld: Rise of the Lycans
Michael Sheen, Rhona Mitra
(23.25 Fri & Sat)
Blonde Ambition
Jessica Simpson, Luke Wilson
16.20-21.10
9
Max & Co.
Animation PV
(10.55-12.50 Sat & Sun) 14.45-16.40
Gran Torino
Clint Eastwood, Bee Vang
18.35-21.15 (23.55 Fri & Sat)

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1
Max & Co.
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13.50-16.30
My Best Friend's Girl
Dane Cook, Kate Hudson
18.55-21.20 (23.30 Fri & Sat)
2
Fast & Furious
Vin Diesel, Paul Walker
13.30-16.10-18.50-21.30 (00.00 Fri & Sat)
3
He's Just Not That Into You
Drew Barrymore, Scarlett Johansson
13.05-15.45-18.25-21.00
The Strangers
Liv Tyler, Scott Speedman
(23.45 Fri & Sat)
4
Duplicity
Clive Owen, Julia Roberts
13.20-15.55-18.35-21.15 (23.50 Fri & Sat)
5
Che: Part Two
Benicio Del Toro, Franka Potente
13.00
Marley & Me
Owen Wilson, Jennifer Aniston
15.50-18.30-21.10 (23.40 Fri & Sat)
6
Confessions of a Shopaholic
Isla Fisher, Hugh Dancy
13.25-16.15-19.10-21.40 (23.55 Fri & Sat)
7
The International
Clive Owen, Naomi Watts
13.40-16.20-19.00-21.35 (00.05 Fri & Sat)

8
Knowing
Nicolas Cage, Rose Byrne
13.15-16.00-18.40-21.25 (00.05 Fri & Sat)
9
Monsters vs. Aliens
Animation PV
13.10-15.10-17.15-19.20
Inkheart
Brendan Fraser, Eliza Bennett
12.50 (00.20 Fri & Sat)

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Nicolas Cage, Rose Byrne
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2
Gran Torino
Clint Eastwood, Bee Vang
13.40-16.00-18.30-21.10
He's Just Not That Into You
Drew Barrymore, Scarlett Johansson
(23.40 Fri & Sat)
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Inkheart
Brendan Fraser, Eliza Bennett
13.45
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14.00-16.40-19.10-22.00 (0.20 Fri & Sat)
6
Fast & Furious
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13.50-16.30-19.00-21.40 (0.10 Fri & Sat)

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Monsters vs. Aliens
Animation PV
Marley & Me
Owen Wilson, Jennifer Aniston
Hotel for Dogs
Emma Roberts, Don Cheadle PV



LUSOMUNDO
NORTE SHOPPING
TEL: 707 246362
23 APR-29 APR

The International
Clive Owen, Naomi Watts
Knowing
Nicolas Cage, Rose Byrne
Fast & Furious
Vin Diesel, Paul Walker
Max & Co.
Animation PV
The Reader
Kate Winslet, David Kross
Confessions of a Shopaholic
Isla Fisher, Hugh Dancy
Monsters vs. Aliens
Animation PV
He's Just Not That Into You
Drew Barrymore, Scarlett Johansson
Marley & Me
Owen Wilson, Jennifer Aniston

LUSOMUNDO
PARQUE NASCENTE
TEL: 707 246362
23 APR-29 APR

The International
Clive Owen, Naomi Watts
Knowing
Nicolas Cage, Rose Byrne
Fast & Furious
Vin Diesel, Paul Walker
Blonde Ambition
Jessica Simpson, Luke Wilson
Eden Lake
Kelly Reilly, Michael Fassbender
The Strangers
Liv Tyler, Scott Speedman
Che: Part One
Benicio Del Toro, Rodrigo Santoro
Che: Part Two
Benicio Del Toro, Franka Potente
Confessions of a Shopaholic
Isla Fisher, Hugh Dancy
Monsters vs. Aliens
Animation PV
He's Just Not That Into You
Drew Barrymore, Scarlett Johansson
Street Fighter: The Legend of Chun-Li
Kristin Kreuk, Moon Bloodgood
Duplicity
Clive Owen, Julia Roberts
The Unborn
Odetta Yustman, Gary Oldman
Marley & Me
Owen Wilson, Jennifer Aniston

OV = English Version
PV = Portuguese Version

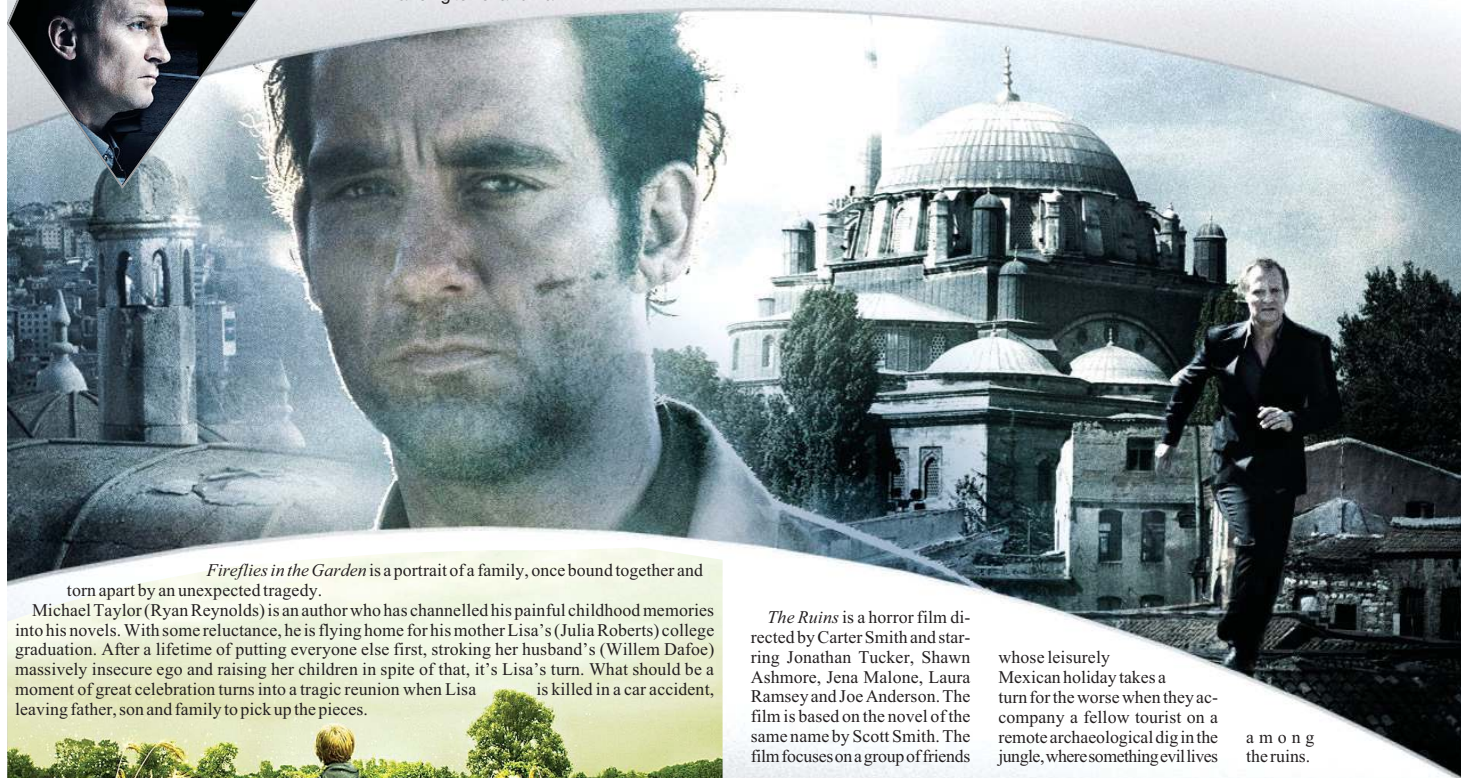




In *The International*, a gripping thriller directed by Tom Tykwer, Interpol Agent Louis Salingier (Clive Owen) and Manhattan Assistant District Attorney Eleanor Whitman (Naomi Watts) are determined to bring to justice one of the world's most powerful banks. Uncovering countless reprehensible and illegal activities, Salingier and Whitman follow the money from Berlin to Milan to New York to Istanbul. Finding themselves in a high-stakes chase across the globe, their relentless tenacity puts their own lives at risk as their targets will stop at nothing - even murder - to continue financing terror and war.



CLIVE OWEN NAOMI WATTS
THE INTERNATIONAL



The Ruins is a horror film directed by Carter Smith and starring Jonathan Tucker, Shawn Ashmore, Jena Malone, Laura Ramsey and Joe Anderson. The film is based on the novel of the same name by Scott Smith. The film focuses on a group of friends

whose leisurely Mexican holiday takes a turn for the worse when they accompany a fellow tourist on a remote archaeological dig in the jungle, where something evil lives

a m o n g
the ruins.

Fireflies in the Garden is a portrait of a family, once bound together and torn apart by an unexpected tragedy.

Michael Taylor (Ryan Reynolds) is an author who has channelled his painful childhood memories into his novels. With some reluctance, he is flying home for his mother Lisa's (Julia Roberts) college graduation. After a lifetime of putting everyone else first, stroking her husband's (Willem Dafoe) massively insecure ego and raising her children in spite of that, it's Lisa's turn. What should be a moment of great celebration turns into a tragic reunion when Lisa is killed in a car accident, leaving father, son and family to pick up the pieces.



FIREFLIES
in the GARDEN

NICOLAS CAGE

In 1958, as part of the dedication ceremony for a new elementary school, a group of students is asked to draw pictures to be stored in a time capsule. But one of the students, a mysterious girl who seems to hear whispered voices, fills her sheet of paper with rows of apparently random numbers instead.

Fast forward 50 years to the present: A new generation of students examines the contents of the time capsule and the girl's cryptic message ends up in the

KNOWING

WHAT HAPPENS WHEN THE NUMBERS RUN OUT?

hands of young Caleb Myles. But it is Caleb's father, professor Ted Myles (Nicolas Cage), who makes the startling discovery that the encoded message predicts with pinpoint accuracy the dates, death tolls and coordinates of every major disaster of the past 50 years. As Ted further unravels the document's secrets, he realizes it foretells three additional events - the last of which hints at destruction on a global scale and seems to somehow involve Ted and his son.



THE RUINS
TERROR HAS EVOLVED.



Film Classification

The International - M/12
Knowing - M/12
The Ruins - M/16
Fireflies in the Garden - M/12
Fast & Furious - M/12

Max & Co. - M/6
Blonde Ambition - M/12
This Is England - M/12
Inkheart - M/12
Soul Men - M/12
Confessions of a Shopaholic - M/6
Appaloosa - M/12

The Strangers - M/16
Monsters vs Aliens - M/4
He's Just Not That Into You - M/12
Street Fighter: The Legend of Chun-Li - M/12
Ultima Parada 174 - M/16
Che: Part Two - M/12
Underworld: Rise of the Lycans - M/16

M/4 - Suitable for audiences aged four years and over
M/6 - Suitable for audiences aged six years and over
M/12 - Suitable for audiences aged 12 years and over
M/16 - Suitable for audiences aged 16 years and over
M/18 - Suitable for audiences aged 18 years and over



HIGHLIGHTS



SILVES TOUR
Laço
Lutamos Contra
o Câncer da Mama


03 Maio 2009 10H00

ASSOCIE-SE A ESTA CAUSA!
A pé ou de bicicleta, corra por um motivo!


inscrições: Escolas Municipais
Escolas E.B. 2,3 do Concelho e
Secundárias
Juntas de Freguesia do concelho

estilo barlavento algarve

GOLEGÃ
(near
Santarém)
- Opening
May 2 -
Paintings &
Etchings by
Mary St.
George -
Galeria de
Arte 'João
Pedro Veiga'
Equuspolis - Rua D. João IV, 2150 Golegã - T. 249 979 000 -
Tue-Sun (closed Mon & holidays) - 9h30-18h00 - The exhibi-
tions runs until May 31 - www.zhibit.org/marystgeorge



FARO - May 8 - Opening of the Collective Art Exhibition 'Um Olhar, 4 Dimensões', at 20h00 at the Gallery of Conservatório Regional do Algarve Maria Campina - The artists participants are: Jerónimo Matos Costa, Oscar Gomes, Paulo Filipe and Rosilda Gomes Bezerra - The exhibition will run until 23rd May - Av. Dr. Júlio Filipe Almeida Carrapato - T. 289 870 490 / 969 530 263

FERRAGUDO - Open Evening at Bongard Studio - May 15, from 18h00 onwards - Presenting a whole new aspect after renovation as well as a wide collection of recent tile and clay sculpture work - Enjoy an evening with a difference at ATELIER BONGARD - (200 metres before entering the village, coming from Portimao direction). telephone: 282 461383 / 968362930.

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LISBON - Until May 31 - Exhibition 'Australian Aboriginal Engravings' - Museu do Oriente - The museum is located on Avenida Brasília, Docca de Alcântara (North) - T. 213 585 200 - www.museudoorient.pt

SOUTH

ALMANCIL
MAY 15
Couleur France 'Extravaganza Evening' at the Couleur France Restaurant which for €55 per person includes five dishes, accompanied by wines selected from the Quinta do Crasto line. To see a preview of the menu, see website www.couleur-france.net, under 'events' - T.289 399 515

UNTIL MAY 15
ALMANCIL - João Cutileiro and José de Guimarães - Works from the 80s and 90s' - at Centro Cultural São Lourenço - Open every day (except Monday) from 10h00-19h00 - Open also on Sundays and holidays - T. 289 395 475 / F. 289 393 281 - ccs@iol.pt

LAGOS
MAY-JUNE
14 years later... Art exhibition **MALA at the Slavemart** - from 16-30.Oct. 2009, in Barão de S. João at Florestal restaurant, and www.aidanbremner.com. Contacts: 00351-919211557, annegret.aidan@sapo.pt.

MONDAYS
The New Orleans Jazz Band - Free concert, 20h30, at Tivoli Hotel on Rua Vasco da Gama - T. 289 591 804

LOULÉ
APRIL 25
Live Music 'Guitarra Portuguesa' by Ricardo Martins at Tea Room & Art Gallery 'Ch'a d'Arte' - 22h30 - D. Pedro I Square, nº 5-6

UNTIL APRIL 26
3rd Gastronomy Festival - Several of the region

PADERNE
UNTIL APRIL 30

JOE WEBSTER'S solo exhibition at Galeria Corte-Real - Art 'plein-air' classes will continue throughout the summer - The Galeria Corte-Real is sign posted from Boliqueime, Ferreira's Paderne - Summer opening hours: Thu & Sun: 11h00-17h00 - Fri & Sat: 11h00-19h - T. 912 737 762 / 918 980 199

PORCHES
UNTIL APRIL 24

Restaurant Porches Velho - now open for lunch The renowned restaurant, famous for its traditional Portuguese food and Fado nights - As of this month the restaurant is open Mon-Sat, 12h30-14h30 & 18h30 onwards for evening meals. Closed Sun - T. 282 381 692, M. 919 255 992 - www.porchesvelho.com

PORTIMÃO
UNTIL APRIL 24
14 years later... Works of Art can be seen at EMARP - R. José António Marques, 17 - T. 282 400 260

UNTIL MAY 24
Exhibition 'Gosto de Mulheres' a portrait of the creativity of Portuguese women in the arts field like sculpture, painting, jewellery, photography, music, cinema, literature, cookery... - Arade Gallery - Fairs & Exhibitions Park - 962505344 / 964974274

TUESDAYS
The New Orleans Jazz Band - Mariner's Bar/Restaurant on Rua Santa Isabel - 914 806 310

SAGRES
APRIL 23
'Class Act' will be playing live - Swing, Romantic Ballads, Latin and Jazz - Vila Velha Restaurant - Fine dining and fine music - T. 282 624 788 or 917 128 402

SÃO BRÁS DE ALPORTEL
UNTIL APRIL 30
'The Naked Ape and Friends' Art Exhibition at S. Brás Museum - The five artists taking part in this heavily sculpture-orientated exhibition explores all the human's and animal's elements and relationships - T. 289 840 100 - amigos-museu-sbras.org

TAVIRA
UNTIL APRIL 26
11th Spring Mountain Fair - The Fair is located at the Coreto Garden on the República Square in the town centre - Display of regional produce, handicrafts and street animation - Entrance is free

VALE DO LOBO
APRIL 25
Viva Big Band Jazz Concert - Vale do Lobo Auditorium - Fabulous evening of jazz with a performance by the celebrated Viva Big Band - Classical favourites from Glenn Miller, George Gershwin and Count Basie will combine with surprise Latin and tropical flavours in an unforgettable performance, directed by acclaimed conductor and musician Hugo Alves and accompanied by a guest female singer - The Viva Big Band Jazz concert takes place at 19:30h on Saturday, 25th April, 2009 with the support of Aquino Construções. Tickets are priced at 28 euros to the general public. A full programme of the event along with further details is available from the Vale do Lobo Resort Reception. Tel.: 289 353 322, E-mail: events@vdl.pt

Viva Big Band Jazz Concert - Vale do Lobo Auditorium - Fabulous evening of jazz with a performance by the celebrated Viva Big Band - Classical favourites from Glenn Miller, George Gershwin and Count Basie will combine with surprise Latin and tropical flavours in an unforgettable performance, directed by acclaimed conductor and musician Hugo Alves and accompanied by a guest female singer - The Viva Big Band Jazz concert takes place at 19:30h on Saturday, 25th April, 2009 with the support of Aquino Construções. Tickets are priced at 28 euros to the general public. A full programme of the event along with further details is available from the Vale do Lobo Resort Reception. Tel.: 289 353 322, E-mail: events@vdl.pt

NORTH

PORTO
DAILY
Casa da Música: guided visits from Mon-Sun: 10h30; 11h30; 12h30; 15h00; 16h00; 17h00; 18h00 - Tickets can be bought until 10 minutes before the visit - Price: € 2; Free for children under 12 - 220120214 - Av. da Boavista, 604-610 www.casadamusica.com

DAILY
Serralves Foundation: Visits to the exhibitions - Sat: 17h-20h; Sun: 12h-13h - to the architectonic spaces (museum & casa de serralves) Sun: 15h-16h - to the park Sun: 11h-12h - Visits are free on the purchase of an entrance ticket to the museum - Rua D. João de Castro, 210 - T. 226 156 584 - www.serralves.pt

APRIL 26
Jazz Concert 'The Inside Songs of Curtis Mayfield' - Casa da Música on Av. da Boavista, 604-610 - 22h00 - T. 220120214



CASCAIS
DAILY
Cascais Cultural Centre - Concerts, shows, exhibitions, & other events - shops, coffee shop & terrace - Open: 10h00-18h00 (Closed Mon) - Av. Rei Humberto II de Itália - 214848900

DAILY
Sea Museum - Rei D. Carlos - Rua Júlio Pereira da Mello in Cascais - 214825400

ESTORIL
Casino Estoril - Shows, games, concerts, lots of entertainment and Art Gallery - Info: estoril@estoril-sol.com 214667700 - 214825400

LISBON
MAY 5

Concert by Lenny Kravitz at Atlântico Pavilion - 20h30 - The American musician in a single concert brings his largest ever live show and CD 'It's Time for a Love Revolution' - Minimum age 3 years - **Atlântico - Pavilhão Multiusos de Lisboa, S.A.** - T. 218 918 409 - Info@pavilhaoatlantico.pt

MAY 16 TO JUNE 7
CIRQUE DU SOLEIL / VAREKAI 2009 - The world of Varekai is a production that pays tribute to the nomadic soul, the spirit and art of the circus tradition - Grand Chapiteau, Parque Tejo, situated on Passeio dos Heróis do Mar, lote 6.18P, 1990-527 Sacavém/Loures (after Vasco da Gama bridge) - Tickets: €39 - €64 adults, €29 - €54 children; wheelchair accessible - Tue-Fri: 21h30; Sat: 17h30 & 21h30; Sun: 16h30 & 20h30 - Ticket sales: As shown on page below.

NORTH

UNTIL MAY 3
Exhibition 'Raoul de Keyser: Agualelas' - Serralves Museum - 22h00 to 24h00 - T. 808 200 543

UNTIL MAY 17
Exhibition 'Guy Tillim: Avenue Patrice Lumumba' at Serralves Museum - Guy Tillim's work consists of approximately 60 large photographs of modernist architecture in Congo, Angola, Mozambique, Benin and Madagascar. His work addresses the failed utopias of modernity and the difficulties faced by African peoples in their recent history - The museum is situated on Rua D. João de Castro, 210 - T. 226 156 500 / Info: 808 200 543

UNTIL MAY 17
Exhibition 'Bethan Huws: Fountain' - Serralves Museum from 22h00 to 24h00 - T. 808 200 543

GUIMARÃES
APRIL 29 TO MAY 2
'A Fábria' by Wallace Shawn on stage by João Reis - Centro Cultural Vila Flor on Avenida D. Afonso Henriques, 701 - T. 253 424 700

CENTRE

MAY 18
BEYONCÉ in concert, at 20h00, at
Pavilhão Atlântico at the Park of Nations, Rossio dos Olivais - The success of the international pop superstar, R&B singer-songwriter, record producer and actress established Beyoncé Knowles as one of the most marketable artists in the music industry - Ticket prices: €34, €36 & €42 - Tel: 218 918 409 - www.pavilhaoatlantico.pt

MAY 24 TO JUNE 15
78th Lisbon Book Fair - Parque Eduardo VII - 132 participants with 203 pavilions (11 dedicated to children) - Mon-Fri at 16h; Sat, Sun & Holidays at 15h; June 1 (World Children's Day), at 10h00. Closing Times: Sun-Thu at 23h; Fri, Sat & days before holidays & last day of fair: 24h - www.feiradolivrodelsboa.pt

UNTIL MAY 24
Exhibition 'Darwin's Evolution' - The exhibition incorporates elements of Darwin, an exhibition organized by the American Museum of Natural History, New York - Av. de Berna 45-A T. 217823523 - F. 217823019 E. darwin@gulbenkian.pt Weblog: <http://a-evolucao-de-darwin.weblog.com.pt>

JUNE 27
Concert by the British singer and song writer Elton John at Restelo Stadium - For tickets, see page below or call 213 010 461 - www.osbelenenses.com/portal/b



Events may be cancelled, delayed or fail to live up to their billing. Send us your events to copy@the-news.net by Tuesday before publication.

TICKETS: Most tickets are available at FNAC and Worten outlets across the country, ATM machines, Abreu agencies, El Corte Inglés, Casa Viola, Ticketline or at the event itself on the night. Websites: www.pavilhaoatlantico.pt; www.ticketline.pt | Phone numbers: Ticketline 707 234 324

6.00 Breakfast. (T) 9.30 Saturday Kitchen. (T) 11.00 BBC News; Weather. (T) 11.10 Formula 1: The Bahrain Grand Prix - Qualifying. From the Bahrain International Circuit in Sakhir, Manama. (T) 1.15 Football Focus. (T) 2.00 Snooker: The World Championship. Live coverage of two second-round matches. (T) 4.30 Final Score. (T)

- 5.25 My Family. Susan decides to get a dog, which only creates more trouble for Ben. Robert Lindsay and Zoe Wanamaker star. (R) (T)
- 5.55 BBC News; Regional News; Weather. (T)
- 6.15 Robin Hood. Gisborne makes a triumphant return from the court of Prince John with orders to kill Robin, so he and his men enter the forest in search of the outlaw. However, Robin has just taken under his wing a fleeing aristocratic woman who turns out to have much in common with his greatest enemy. In the ensuing skirmish, Little John is separated from the rest of the gang and ends up going undercover with a team of gladiators travelling to Nottingham. Guest starring former Coronation Street actor Denise Black. (T) Tonight's the Night. The cast of The Jersey Boys makes a youth worker's West End wish come true. Girl band the Saturdays have a surprise for a life-saving Brownie, and Simply Red serenade a fan. (T)
- 8.00 The National Lottery: 1 vs 100. Ben Shephard hosts the quiz in which one contestant takes on 100 opponents in a bid to win a big-money prize. Jenni Falconer presents the National Lottery draws. (T)
- 8.50 Casualty. Adam is shocked at how far Jordan will go to preserve his reputation. Curtis resists police efforts to persuade him to testify against Tony, and Jessica takes baby Harry home. (T)
- 9.40 Reggie Perrin. Update of Seventies sitcom The Fall and Rise of Reginald Perrin, starring Martin Clunes. A sales executive becomes besotted with a beautiful new colleague. Lucy Liemann co-stars. (R) (T)
- 10.10 BBC News; Weather; (T) National Lottery Update. (T)
- 10.30 Match of the Day. Gary Lineker presents highlights of today's Premier League clashes, including Manchester United v Tottenham Hotspur at Old Trafford and Hull City v Liverpool at the Kingston Communications Stadium. United and Spurs had already met three times this season, including two goalless draws, and the visitors had not won on this ground since 1989. The Tigers led 2-0 in their reverse fixture against the Reds, before drawing 2-2 at Anfield and needed something from the game to boost their chances of avoiding relegation. (T)
- 11.50 FILM: Highlander. The Source (2007). Premiere. Fantasy adventure, starring Adrian Paul. (T)
- 1.10 Friday Night with Jonathan Ross; (R) (T) Weather. (T) 2.15 BBC News. (T)



BBC2

6.00 CBeebies: Tikkabilla. (R) (T) 6.30 Teletubbies. (R) (T) 7.00 CBBC: Funky Fables. (R) (T) 7.15 Elliot Kid. (R) (T) 7.25 Three Delivery. (R) (T) 7.50 Wolverine and the X-Men. (R) (T) 8.15 Sportsround. (R) (T) 8.30 What's New Scooby-Doo? (R) (T) 8.50 Frankenstein's Cat. (R) (T) 9.00 Sorry, I've Got No Head. (R) (T) 9.30 Hotel Trubble; (T) Diddy Dick & Dom. (R) (T) 10.00 Dani's House. (R) (T) 10.30 Dani's House. (R) (T) 11.00 The Story of Tracy Beaker. (R) (T) 12.00 Young Dracula. (R) (T) 12.00 BBC Switch: Kyle XY. (R) (T) 12.45 BBC Switch: Wingin' It. (T) 1.20 BBC Switch: Teen America. (T) 1.30 BBC Switch: Sound. (T) 2.00 FILM: The Victors (1963). World War Two drama, starring George Peppard. (T) (bw) 4.30 Snooker: The World Championship. Live coverage from the second round. (T) 5.30 Shark Therapy. (R) (T) 6.00 Planet Earth. (R) (T) 7.00 Snooker: The World Championship. Further live coverage of the second round at the Crucible Theatre in Sheffield, featuring the opening session of one match and the concluding frames of another. (T) 8.00 Restoration Revisited. A look back at the buildings featured on the show. (R) (T) 9.00 Have I Got a Bit More News for You. With guest host Frank Skinner. Extended version of Friday's show. (T) 9.40 Alan Whicker's Journey of a Lifetime. The journalist returns to Hong Kong. Last in the series. (R) (T) 10.40 The Apprentice. (R) (T) 11.40 Snooker: The World Championship. (T) 12.30 Snooker Extra. (T) 2.30 Mad Men. (R) (T) 3.20 Cinema. (T)

Pick of the Day

Primeval (ITV1 Granada, 7pm)

The team are faced with a particularly unusual and dangerous case in tonight's episode, when a deadly flesh-eating fungus spreads like wildfire and threatens to wipe out the entire population of the UK. Infecting anyone it comes into contact with, the fungus 'eats' its victims and with every meal, it becomes even more dangerous. The team try every trick in the book to destroy the sinister anomaly but are forced to concede defeat when nothing works and there's a real possibility that the fungus will spread to the four corners of the British Isles. The third series of ITV1's sci-fi drama has been a revelation and a welcome addition to the Saturday night schedules, but what does Andrew-Lee Potts, who plays Connor, think about the show? "It's just got braver and braver," says Potts. "I love the direction that it is going in as it means we get to be involved in bigger and bigger things and we all do a lot of our own stunts. In episode six there is a huge car chase and I was driving our truck around in the woods like a crazy man. It was awesome."

C4

5.50 The Hoobs. (R) (T) 6.15 The Hoobs. (R) (T) 6.40 Planet Cook. (R) (T) 7.00 World Sport. 7.30 British GT Championship. 8.00 The Morning Line. (T) 8.55 T4: One Tree Hill. (T) 9.45 T4: Friends. (R) (T) 10.15 T4: Wolverine: T4 Movie Special. (T) 10.45 T4: Kasabian: Video Exclusive. (T) 10.50 T4: Take That v Robbie: Top Ten. (T) 11.55 T4: Shipwrecked 2009: Battle of the Islands. (R) (T) 12.55 T4: Scrubs. (R) (T) 1.25 T4: Scrubs. (R) (T) 1.55 Channel 4 Racing from Sandown Park and Ripon. Including the 3.10 bet365 Gold Cup Chase (H'cap) (3m 5 1/2). (T) 4.00 Come Dine with Me. (R) (T) 4.30 Come Dine with Me. (R) (T) 5.00 Come Dine with Me. (R) (T) 5.30 Come Dine with Me. (R) (T) 6.00 Come Dine with Me. (R) (T) 6.30 Channel 4 News. (T) 7.00 Henry VIII: Mind of a Tyrant. The Tudor king's relationship with Anne Boleyn. (R) (T) 8.00 Time Team: Secrets of a Tudor Mansion. Tony Robinson and the crew visit Chenies Manor in Buckinghamshire to investigate how the house would have appeared in the 16th century when Henry VIII stayed there. (R) (T) 9.00 FILM: My Best Friend's Wedding (1997). A food critic realises she is in love with her male best friend and tries to stop him marrying another woman. Comedy, starring Julia Roberts and Cameron Diaz. (T) 11.05 FILM: The Good Girl (2002). Comedy drama, starring Jennifer Aniston. (T) 12.55 FILM: Martin Lawrence Live: Runteldat (2002). Premiere. Blend of comedy and documentary. (T) 2.40 Halo Panda. (R) (T) 3.15 Hill Street Blues. (R) 4.05 Time Team. (R) (T) 4.55 Countdown. (R) (T) 5.40 Cubezz. (R) (T) 5.50 The Hoobs. (R) (T)

FIVE

6.00 Sunrise. 7.00 Milkshake! Mio Mao. (R) (T) 7.05 Ebb and Flo. (R) (T) 7.10 Angels of Jarm. (R) (T) 7.15 Franklin. (R) (T) 7.40 Hana's Helpline. (R) (T) 7.55 Olivia. (R) (T) 8.05 The Adventures of Bottle Top Bill and His Best Friend Corky. (R) (T) 8.25 Animal Families. (R) (T) 8.40 Harry and His Bucket Full of Dinosaurs. (R) (T) 8.55 Roobarb and Custard Too. (R) (T) 9.05 Roary the Racing Car. (R) (T) 9.20 Rupert Bear. (R) (T) 9.35 The Milkshake! Show. (R) (T) 10.00 The Grid. (R) (T) 10.30 The Gadget Show. (R) (T) 11.30 Extreme Fishing with Robson Green. (R) (T) 12.30 Oil Riggers. (R) (T) 1.30 Baboon Woman. (R) (T) 2.30 FILM: Buddy (1997). Drama, starring Rene Russo. (T) 4.05 FILM: Columbo Goes to the Guillotine (1989). Crime drama, starring Peter Falk. (T) 6.00 Five News. (T) 6.05 FILM: Man of the House (2005). A Texas Ranger is sent to protect five cheerleaders who have witnessed a murder. Comedy, starring Tommy Lee Jones and Anne Archer. (T) 7.45 NCIS. Part one of two. Gibbs is injured in an explosion while conducting inquiries aboard a ship, and lapses into a coma - during which he has flashbacks of his hidden past. (R) (T) 8.40 NCIS. Part two of two. Gibbs wakes from his coma with severe amnesia. (R) (T) 9.40 CSI: NY. A passing buzzard drops a human eye into Stella's coffee cup, prompting a race to find the rest of body before it is devoured by other scavengers. Starring Melina Kanakaredes. (T) 10.40 Law & Order. (T) 11.40 Crime Scene Academy. (R) (T) 12.10 Quiz Call. 4.00 The Gadget Show. (R) (T) 4.45 Wildlife SOS. (R) (T) 5.10 House Doctor. (R) (T) 5.35 House Doctor. (R) (T)

5.30 ITV Morning News. (T) 6.00 GMTV. 9.25 Quincy ME. (R) (T) 10.25 FILM: Columbo: Prescription Murder (1968). Crime drama, starring Peter Falk. (T) 12.25 ITV News and Weather. Weather. (T) 12.30 FILM: Tom Jones (1963). Period comedy, starring Albert Finney. (T) 2.55 Best Ever Worst Auditions 2. (R) (T) 3.55 FILM: The Flintstones (1994). Comedy based on the cartoon, with John Goodman. (T)

5.30 London Tonight; Weather. (T)

5.45 ITV News and Weather. (T)

6.00 Animals Do the Funniest Things. Stephen Mulhern meets the creatures that live in the Australian Outback, and presents more incredible stories and comical clips from around the animal world, including a horse that drinks in its local pub, a hippo that lives in a family home and a penguin that wears a wetsuit. (T)

7.00 Primeval. The team battles a deadly flesh-eating fungus that takes over any human it comes into contact with, turning the victims into a hideous shell of their former self. However, they face a race against time to destroy the creature before it spreads its lethal spores throughout the whole country, absorbing everyone it encounters and gaining in strength and momentum all the time. Starring Jason Flemyng and Hannah Spearritt. (T)

8.00 Britain's Got Talent. Ant and Dec present the third audition show as more acts make a bid to win the prize of £100,000 and a slot at this year's Royal Variety Performance. With fingers firmly on the buzzers, judges Amanda Holden, Piers Morgan and Simon Cowell sit through another round of wannabe singers, dancers and variety acts all hoping to repeat the success of previous winners Paul Potts and George Sampson. (T) Hell's Kitchen. An update on the celebrities' progress as they try to master the art of preparing culinary delights and serving them to a clientele of famous faces - and with the final just two days away, things could be hotting up in the kitchen. As usual, head chef Marco Pierre White will be maintaining a watchful eye. Presented by Claudia Winkleman. (T)

10.00 FILM: GoldenEye (1995). James Bond goes in pursuit of a devastating satellite weapon which has fallen into the hands of a mysterious criminal. Spy adventure, starring Pierce Brosnan and Sean Bean. Continues after the News. (T) 11.30 ITV News and Weather; Weather. (T) 11.45 FILM: GoldenEye (1995). Concluded. (T) 12.40 Six Degrees; (R) (T) ITV News Headlines. 1.30 FILM: Door to Door (1985). Comedy, starring Ron Leibman and Arliss Howard. (T) 3.05 ITV Nightscreen.

(R) - repeat programme;
(T) - programme with teletext subtitles;
(S) - programme broadcast in stereo;
(bw) - black and white.

LOCAL

RTP1
0630 Children TV 0800 Bom Dia Portugal 0935 Assembleia da República 1200 TBA 1300 News 1415 Top+ 1545 Smallville, series 1715 Capitães de Abril, film 1900 Vila Faia 2000 News 2100 Voz do Cidadão 2115 Vozes Que Abri Abriu 0015 No Dia Em Que... 0115 Football 0145 Close to Home, series 0315 Top+ 0415 Telesales

RTP2
0700 Dia D 2145 Hora da Sorte 2200 News 2240 O Milagre Segundo Salomé, film 0040 A Balada da Praia dos Cães, film 0230 Euronews

SIC
0600 Etnias 0645 Sic Kids 0830 Disney Kids 1000 Star Wars: Clone Wars, series 1030 Programa da Lucy 1200 Planet Earth 1300 News 1400 Episódio Especial 1445 Film 1630 Film 1815 Film 2000 News 2130 Tá a Gravar 2245 Guinness, O Mundo dos Recordes 2345 Toma Lá Dá Cá 0045 Film 0230 Quando o Telefone Toca

TVI
0700 Children TV 0930 Smackdown, wrestling 1030 Campeões e Detectives 1115 Deluxe 1215 Antevésio 1300 News 1400 Film 1600 Film 1800 Film 2000 News 2130 Flor do Mar 2230 Feitiço do Amor 2330 Olhos nos Olhos 0015 American Pie, film 0215 Sempre a Somar 0400 The Office, series 0430 Law & Order: Special Victims Unit, series 0530 Telesales

Best of the Rest

BBC3
7.00 Snog, Marry, Avoid? 7.30 Snog, Marry, Avoid? 8.00 Top Gear 9.00 Film: The Perfect Storm 12 (2000) 11.05 Live at the Apollo 11.50 Family Guy 12.15 Family Guy 12.35 Two Pints of Lager and a Packet of Crisps 1.05 Bizarre ER 1.35 My Life As An Animal 2.35 Snog, Marry, Avoid? 3.05 Snog, Marry, Avoid? 3.35 Bizarre ER 4.05 My Life As An Animal 5.05 Close

BBC4
7.00 Graham Hill: Driven 8.00 Queens of British Pop 9.05 Queens of British Pop 10.05 Dusty 10.30 Cilla 11.20 The Sandie Shaw Supplement - Quicksand 11.45 Lulu's Back in Town 12.10 Kate 12.55 Queens of British Pop 2.00 Queens of British Pop 3.00 Graham Hill: Driven 4.00 Close

ITV2
1.00 Nanny 911 1.55 Britain's Got More Talent 2.55 Gossip Girl 3.55 American Idol 4.55 American Idol 6.00 Film: Honey Pig (2003) 8.00 Homes from Hell 2008 9.00 Britain's Got More Talent 10.00 The Justin Lee Collins Show 11.00 Britain's Got Talent 12.05 Britain's Got More Talent 1.10 Celebrity Juice 1.40 Breaking Up with Shannen Doherty 2.05 Teleshopping 5.30 ITV2 Nightscreen

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THE NEWS

Sky1
1.00 Don't Forget the Lyrics 2.00 Bondi Vet 2.30 Bondi Vet 3.00 Bondi Vet 3.30 Bondi Vet 4.00 Guinness World Records Smashed! 5.00 Malcolm in the Middle 5.50 Malcolm in the Middle 6.00 American Gladiators 7.00 The Simpsons 7.30 The Simpsons 8.00 Futurama 8.30 Futurama 9.00 Lost 10.00 Bones 11.00 Cold Case 12.00 Ross Kemp: Return to Afghanistan 1.00 24 1.50 Road Wars 2.40 Road Wars 3.30 Street Wars 4.20 Tenerife Uncovered 5.10 Guilty!

G.O.L.D
1.40 The Vicar of Dibley 2.35 The Vicar of Dibley 3.30 The Vicar of Dibley 4.25 The Vicar of Dibley 5.20 The Vicar of Dibley 6.15 The Vicar of Dibley 7.10 The Vicar of Dibley 8.05 The Vicar of Dibley 9.00 Jonathan Creek 10.20 Jonathan Creek 11.40 French and Saunders 12.45 French and Saunders 1.40 Charlie's Angels 3.00 Close

TCM
1.00 Rampage PG (1963) 3.00 Crazy from the Heart PG (1991) 4.45 The Ballad of Cable Hogue PG (1970) 7.00 Spies Like Us PG (1985) 9.00 The Man with Two Brains 15 (1983) 10.40 Dangerous Liaisons 15 (1988) 12.55 The Man with Two Brains 15 (1983) 2.35 Wild Rovers 15 (1971) 5.00 The Master of Ballantrae PG (1953)

The Disney Channel
Kids' programmes from 7am, except: 4.00 Film: High School Musical U (2006) Comedy musical, starring Zac Efron and Vanessa Hudgens. 8.00 Film: The Cheetah Girls: One World PG (2008) Comedy drama sequel, starring Adrienne Bailon.

MOVIES

Sky Movies Drama

6.35 Miracle on the 17th Green U (1999) 8.15 The Trench 15 (1999) 10.00 August Rush PG (2007) 12.00 Broken Bridges PG (2006) With Toby Keith. 2.00 The American President 15 (1995) With Michael Douglas. 4.00 Consenting Adults 15 (1992) With Kevin Kline. 5.45 Wolverine Special 6.00 School Ties PG (1992) With Chris O'Donnell. 8.00 Phenomenon PG (1996) With John Travolta. 10.10 Lions for Lambs 15 (2007) With Robert Redford. 11.50 The Siege 15 (1998) With Denzel Washington. 1.50 Ride with the Devil 15 (1999) With Tobey Maguire. 4.15 Loss of Faith PG (1997)

Sky Movies Comedy

6.05 35MM 6.35 Sleepless in Seattle PG (1993) 8.35 Deuce Bigalow: Male Gigolo 15 (1999) 10.20 Family Show 10.50 House of Cards PG (1991) 12.35 Balls of Fury 12 (2007) With Dan Fogler. 2.15 Knocked Up 15 (2007) With Seth Rogen. 4.25 Sleepless in Seattle PG (1993) With

Tom Hanks. 6.15 House of Cards PG (1991) With Steve Martin. 8.00 Knocked Up 15 (2007) With Seth Rogen. 10.10 Balls of Fury 12 (2007) With Dan Fogler. 11.55 American Pie Presents: Beta House 18 (2007) With John White. 1.25 Deuce Bigalow: Male Gigolo 15 (1999) With Rob Schneider. 2.55 American Pie Presents: Beta House 18 (2007) With John White. 4.25 Project: ALF PG (1996)

Sky Movies Action/Thriller

6.00 The Hunt for Red October PG (1990) 8.20 Blue Steel 12 (1999) 10.00 The Kingdom 15 (2007) 11.55 35MM 12.25 Masters of the Universe PG (1987) With Dolph Lundgren. 2.15 Firewalker 15 (1986) With Chuck Norris. 4.05 The Kingdom 15 (2007) With Jamie Foxx. 6.00 Masters of the Universe PG (1987) With Dolph Lundgren. 8.00 300 15 (2006) With Gerard Butler. 10.00 Marked for Death 18 (1990) With Steven Seagal. 11.40 Rambo 18 (2008) With Sylvester Stallone. 1.20 Magnum Force 18 (1973) With Clint Eastwood. 3.30 The Hunt for Red October PG (1990)

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SPORT

Sky Sports 1

6.00 Aerobics Oz Style 6.30 Off The Bar 7.00 Big League Weekend 8.00 Champions League Weekly 8.30 Premier League Preview 9.00 Soccer AM 12.00 Live Scottish Cup Football. Rangers v St Mirren (Kick-off 12.15pm). 2.30 Soccer Saturday 5.15 Live Saturday Night Football. Birmingham City v Preston North End (Kick-off 5.20pm). 7.30 You're on Sky Sports! 8.25 Football First 10.15 Football First 11.45 Football First 1.15 Football First 2.45 Football First 4.15 Spanish Football 5.45 Sky Sports Classics

Sky Sports 2

6.00 Live European Tour Golf. The Ballantine's Championship. 8.30 Ocean Race 9.00 Motor Racing 9.30 World Sport 10.00 Super League 12.00 Friday Night Night 2.00 Ocean Race 2.30 Live Premiership Rugby Union. A match from the final week of the regular season. 5.00 World Sport 5.30 Ocean Race 5.55 Live Super League. Salford City Reds v Hull FC (Kick-off 6.00pm). 8.00 Champions League Weekly 8.30 Live Spanish Football. A La Liga match. 11.00 Scottish Cup Football 12.00 Super League 2.00 Spanish Football 3.30 Scottish Cup Football 4.30 Live European Tour Golf. The Ballantine's Championship.

Sky Sports 3

6.00 Sports Unlimited 7.00 Tight Lanes 8.00 Friday Night Night 10.00 WWE: Smackdown 12.00 WWE: Bottom Line 1.00 European Tour Golf 5.00 NFL: Total Access 6.00 Live Speedway. The Czech Republic Grand Prix. 9.00 Premiership Rugby Union 10.30 Extreme Championship Wrestling

11.30 WWE: Late Night - Smackdown 1.30 WWE: Late Night - Bottom Line 2.30 Premiership Rugby Union 4.00 The Super 14 Show

British Eurosport

5.00 Live MotoGP. The Japanese Grand Prix 125cc qualifying session. 6.00 Live MotoGP. The Japanese Grand Prix. MotoGP qualifying session. 7.00 Live MotoGP. The Japanese Grand Prix 250cc qualifying session. 8.00 Eurogals Weekend 8.15 Futsal 9.30 World Rally Championship 10.00 F1: The Factory 10.30 Live Porsche Super Cup. The first race of the Bahrain Grand Prix. 11.15 MotoGP 12.45 World Rally Championship 1.15 Snooker: The World Championship. 2.30 Live Snooker: The World Championship. This afternoon's two second-round matches. 5.30 MotoGP 7.00 Live Snooker: The World Championship. Further coverage of the second round in Sheffield. 10.00 World Superbikes 11.00 MotoGP 12.30 F1: The Factory 1.00 Close 4.00 Live MotoGP. The Japanese Grand Prix 125cc race.

Sky Sports Xtra

6.00 World Sport 6.25 Live Rugby Union. Blues v Reds (Kick-off 6.30am). 8.30 Live Rugby Union. Hurricanes v Brumbies (Kick-off 8.35am). 10.30 Ocean Race 11.00 World Sport 11.30 Racing News 12.00 Ocean Race 12.30 Live Tennis. The Torneo Godo semifinals. 4.30 World Sport 5.00 WWE: Smackdown 7.00 Ocean Race 7.30 Golf Night 10.00 World Sport 10.30 The Super 14 Show 12.30 Speedway 3.30 Ocean Race 4.00 Max Power 5.00 World Sport 5.30 Adrenaline Adventures

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BBC1

6.00 Breakfast. (T) 7.10 Match of the Day. (R) (T) 8.30 London Marathon. The 29th staging of the annual event. Continues on BBC2. (T) 12.00 BBC News; Weather. (T) 12.10 Formula 1: The Bahrain Grand Prix. From the Bahrain International Circuit in Sakhr, Manama (Start-time 1.00pm). (T) 3.00 The Politics Show. (T) 4.00 EastEnders. (T)

5.30 Songs of Praise. Diane Louise Jordan hosts a celebration of St George's Day from Windsor Castle, meeting an Irish Guard who offers his perspective on the world-famous tourist attraction. (T)

6.05 Last of the Summer Wine. After researching the whereabouts of his real mother, Hobbo decides to pay her a visit, but is unimpressed by her welcome. Meanwhile, Marina protests at the unreliability of men. (T)

6.35 BBC News; Regional News; Weather. (T) 7.00 Countryfile. Matt Baker and Julia Bradbury explore the South Downs to find out what difference its new status as a national park will make, while John Craven investigates how fishing quotas are adhered to. Adam Henson protects his lambs on the farm from blue tongue - a potentially fatal disease, and James Wong provides tips on beating hay fever. Including Weather for the Week Ahead. (T)

8.00 British Academy Television Awards. Graham Norton hosts the awards ceremony from the Royal Festival Hall in London, where both established performers and newcomers will be honoured for their achievements. Nominees include Stephen Fry, Harry Hill, Jonathan Ross, Ant and Dec, June Brown, Maxine Peake, Jason Isaacs and Rob Brydon, as well as programmes such as EastEnders, Emmerdale, The Bill, The Apprentice, and American Idol Dexter. (T)

10.00 BBC News; Weather. (T) 10.20 Damages. Ellen hires her own private investigator after learning of Agent Harrison's death. Claire Maddox plots to oust Walter Kendrick as head of UNR and Patty tries to ruin Phil's hopes of being named Secretary of Energy after being confronted by evidence of his infidelity. (T)

11.00 FILM: Green Card (1990). Romantic comedy, starring Gerard Depardieu. (T) Weatherview. (T)

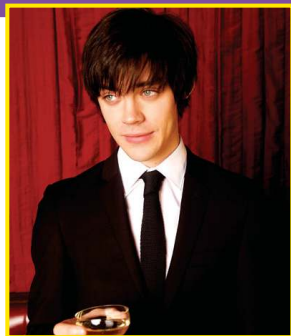
12.45 Sign Zone: The Planners Are Coming. (R) (T) 1.15 Sign Zone: Holby City. (R) (T) 2.15 Sign Zone: All the Small Things. (R) (T) 3.15 Sign Zone: Gardeners' World Special. (R) (T) 4.15 BBC News. (T)

(R) - repeat programme;

(T) - programme with teletext subtitles;

(S) - programme broadcast in stereo;

(bw) - black and white.



BBC2

6.00 CBeebies: Tikkabilla. (R) (T) 6.30 Bobinogs. (R) (T) 6.45 MotoGP. Live coverage of the Japanese Grand Prix MotoGP race. (T) 8.00 CBBC: 8.00 The Legend of Dick & Dom; (R) (T) The Owl. (R) (T) 8.30 MI High. (R) (T) 9.00 Escape from Scorpion Island. (T) 10.00 Something for the Weekend. (T) 11.30 Great British Menu. (R) (T) 12.00 London Marathon. Further live coverage of the event. (T) 2.00 MotoGP. (T) 3.15 Snooker: The World Championship. Live coverage of two second-round matches. (T) 5.15 Points of View. (T) 5.30 EastEnders. (R) (T) 6.00 London Marathon. (T) 7.00 Snooker: The World Championship. Rishi Persad and John Parrott present live coverage of the second round from the Crucible Theatre in Sheffield, featuring the second session of two matches. (T) 8.00 Top Gear. The team tries to make an ordinary second-hand car lap the test track as fast as a new, purpose-built sports saloon, and Mark Wahlberg is the Star in a Reasonably Priced Car. (R) (T) 9.00 **Best: His Mother's Son**. Feature-length factual drama chronicling the effect of alcoholism and celebrity on the life and career of football legend George Best, and the toll it took on his family in Belfast. (T) 10.30 Match of the Day 2. (T) 11.20 The Graham Norton Show Uncut. (T) 12.05 Heroes. (R) (T) 12.50 Snooker: The World Championship. (T) 1.40 Snooker Extra. (T) 3.40 BBC News. (T) 4.20 The Super League Show. (R) (T) 4.50 Close.

Pick of the Day

Best: His Mother's Son (BBC2, 9pm)

George Best was arguably the most gifted footballer of his generation. He won numerous awards, is a Manchester United and Northern Ireland legend, and a hero to millions more who simply loved the way he played the beautiful game. His almost magical ability to beat a player before delivering the perfect pass or scoring a brilliant goal should be what lives long in the memory. But sadly, it seems it will be Best's long-running battle with the demon drink he'll be primarily remembered for. Now, four years after his death comes this one-off drama focusing on his relationship with his mother Ann. It's set between 1966 and 1973, when George became a superstar, then shocked everyone by retiring at the age of 26. During that spell, his family struggled to deal with being thrust into the limelight as the public and media battered them for news about their famous relative. Meanwhile, hitherto teetotaler Ann is seen taking her first sip of booze before succumbing to alcoholism, changing the outlook of her previously robust and happy family forever. Tom Payne and Michelle Fairley star.

C4

6.15 The Hoobs. (R) (T) 6.40 Planet Cook. (R) (T) 7.00 Clipper 07-08 The Challenge of a Lifetime. (R) 7.55 Freesports on 4. (R) (T) 8.25 Freesports on 4. (R) (T) 8.55 T4: Friends. (R) (T) 9.25 T4: Friends. Monica splashes out on a new pair of boots. (R) (T) 10.00 T4: Hollyoaks. (T) 12.30 T4: Shipwrecked 2009: Battle of the Islands. (T) 1.40 T4: Friends. (R) (T) 2.10 T4: The Big Bang Theory. (R) (T) 2.40 T4: Smallville. (T) 3.40 T4: The Simpsons. (R) (T) 4.10 T4: The Simpsons. (R) (T) 4.40 Deal or No Deal. (T) 5.30 Supernanny USA. (R) (T) 6.30 Channel 4 News. (T) 7.00 Child Genie. Part one of two. Update on the gifted children from the 2007 documentary. (R) (T) 8.00 Come Dine with Me. Four amateur cooks from the Isle of Wight compete to host the perfect dinner party, but a guest becomes locked in a lavatory and unfavourable comparisons lead to upset. (T) 9.00 The Secret Millionaire. IT entrepreneur Martin Stamp goes undercover as a teaching assistant in Hull and looks at projects aimed at engaging youngsters in learning. (T) 10.00 Chris Moyles' Quiz Night. With actor Philip Glenister and comedian Jimmy Carr. (T) 10.50 FILM: The Business (2005). Comedy drama, starring Danny Dyer. (T) 12.40 FILM: Chinatown (1974). Oscar-winning mystery, starring Jack Nicholson. (T) 3.05 Hill Street Blues. (R) 3.50 The Invasion. (R) (T) 4.05 Time Team. (R) (T) 5.00 Countdown. Words-and-numbers game, with guest Tim Vine. (R) (T) 5.45 Making It. (R)

FIVE

6.00 Milkshake! Thomas & Friends. (R) (T) 6.10 Little Princess. (R) (T) 6.20 Peppa Pig. (R) (T) 6.30 Pocoyo. (R) (T) 6.40 Angels of Jarm. (R) (T) 6.55 Milkshake! Music Box. (R) (T) 7.00 Mio Mao. (R) (T) 7.05 Ebb and Flo. (R) (T) 7.15 Franklin. (R) (T) 7.40 Hana's Helpline. (R) (T) 7.55 Olivia. (R) (T) 8.05 The Adventures of Bottle Top Bill and His Best Friend Corky. (R) (T) 8.25 Animal Families. (R) (T) 8.40 Harry and His Bucket Full of Dinosaurs. (R) (T) 8.55 Roobarb and Custard Too. (R) (T) 9.00 Roary the Racing Car. (R) (T) 9.15 Rupert Bear. (R) (T) 9.30 The Milkshake! Show. (R) (T) 10.00 Everybody Hates Chris. (R) (T) 10.30 Everybody Hates Chris. (R) (T) 11.00 The Magical Legend of the Leprechauns. (T) 2.30 FILM: Day of the Evil Gun (1968). Western, starring Glenn Ford. (T) 4.20 FILM: Sinbad and the Eye of the Tiger (1977). Fantasy adventure, starring Patrick Wayne. (T) 6.30 Five News. (T) 6.35 FILM: The Man in the Iron Mask (1998). The Three Musketeers set out to depose the King of France and reinstate his imprisoned twin brother. Swash-buckling adventure, starring Leonardo DiCaprio and John Malkovich. 9.00 FILM: Blade (1998). A half-vampire swordsman takes on an undead renegade determined to populate the world with bloodsuckers. Action adventure, starring Wesley Snipes and Stephen Dorff. (T) 11.20 FILM: Rollerball (1975). Violent sci-fi adventure, starring James Caan. (T) 1.40 Winter X Games. 2.00 Boxing Classic. (R) 2.20 Boxing USA. 3.35 Motorsport Mundial. 4.00 FILM Motocross. 5.10 House Doctor. (R) (T) 5.35 House Doctor. (R) (T)

ITV1

5.30 ITV Morning News. (T) 6.00 GMTV. 9.25 The Championship. (T) 10.25 Coronation Street. (R) (T) 12.40 ITV News and Weather; Weather. (T) 12.45 FILM: The Prime of Miss Jean Brodie (1969). Drama, starring Maggie Smith. (T) 2.50 Britain's Got Talent. (R) (T) 3.50 FILM: Sister Act (1992). Musical comedy, starring Whoopi Goldberg. (T)

5.45 London Tonight; Weather. (T) 6.00 ITV News and Weather. (T)

6.15 You've Been Framed! Comedian Harry Hill narrates a selection of camcorder calamities and viewers' mobile phone footage, including the antics of pink ninjas and someone in a Spider-Man costume. (R) (T)

6.45 Beat the Star. Former Wimbledon champion Martina Hingis takes on a Leeds student. (T)

8.00 Heartbeat. The villagers fear for a boy's life when he disappears while exploring the gardens of a derelict house with his brother and sister. Wetherby learns he has fallen down an old well and a media circus descends on the scene as firemen begin their rescue attempt. However, panic ensues when shots are fired from the house. Meanwhile, a troublesome celebrity journalist goes in search of local gossip. (T)

9.00 Hell's Kitchen. An update on the celebrities' progress as they attempt to master the art of preparing culinary delights in preparation for tomorrow's final. As usual, head chef Marco Pierre White will be maintaining a watchful eye. Presented by Claudia Winkleman. (T)

10.00 ITV News and Weather; Weather. (T)

10.15 William Goldman: The South Bank Show. Melvyn Bragg travels to the New York home of William Goldman, who discusses his writing career. He started as a novelist but turned his hand to screenplays, and by the end of the 1970s had worked on Oscar-winning scripts for Butch Cassidy and the Sundance Kid and All the President's Men. After falling out of favour in the early 1980s he published the memoir Adventures in the Screen Trade, and his return to prominence was secured when Rob Reiner turned his novel The Princess Bride into a cult classic. (T)

11.15 Crossing Jordan. The medical examiner comes face to face with an intruder when she returns home from a night out, but decides to keep the disturbing encounter to herself. Jill Hennessy stars. (T)

12.15 Premiership Rugby Union. 1.10 The Big Tackle with Austin Healey; (R) ITV News Headlines. 2.00 Quincy ME. (R) (T) 2.55 A Better Life Abroad? Tonight. (R) (T) 3.20 ITV Nightscreen.

LOCAL Best of the Rest

RTP1

0630 Children TV 0800 Bom Dia Portugal 0900 Mass 1130 TBA 1300 News 1415 30 Vístol 1515 TBA 1845 Conta Informação 1915 Football 2110 News 2145 As Escolas de Marcelo Rebelo de Sousa 2215 Conta-me como foi 2315 Domingo Desportivo 0115 Mundial 2010: Magazine 0145 Rallye 0245 Enter the Dragon, film 0430 Teleales 0605 Nós

RTP2

0700 Euronews 0730 África@Global 0800 Músicas de África 0900 Caminhos 0930 70x7 1000 Nós 1100 Da Terra ao Mar 1130 Consócio 1200 Vida por Vida 1230 Olhar o Mundo 1300 Bugs 1345 Voz do Cidadão 1400 Sports 1800 Toulouse Lautrec 1900 Arte e Emoção 1930 Alma e a Gente 2000 The Simpsons 2020 Cronos 2100 2050 O Clima do Futuro 2200 News 2230 Câmara Clara 2350 Britcom 0050 Onda Curta 0150 Sports 0530 Euronews

SIC

0630 Sic Kids 0845 Disney Kids 1015 Power Rangers 1045 Tween Box: Samurai Girl 1200 BBC Wild Life 1300 News 1400 Fama Show 1445 Disney Film 1630 Film 1815 Film 2000 News 2100 Grande Reportagem 2145 Atreve-te a Cantar 2345 Film 0130 CSI New York 0230 Quando o Telefone Toca

TVI

0700 Children's TV 0900 Mass 1300 News 1400 Film 1600 Film 1800 Film 2000 News 2100 Equador 2200 Uma Canção Para Ti 0045 Casos da Vida 0230 Sempre A Somar 0400 Law & Order: Special Victims Unit, series 0500 Teleales 0630 Todos Iguais

BBC3

7.00 Formula 1: The Bahrain Grand Prix 8.00 Snog, Marry, Avoid? 8.30 Snog, Marry, Avoid? 9.00 Two Pints of Lager and a Packet of Crisps 9.30 Home & Corden 10.00 Family Guy 10.20 American Dad! 10.45 My Life As an Animal 11.45 Two Pints of Lager and a Packet of Crisps 12.15 Home & Corden 12.45 The Real Hustle 1.15 Formula 1: The Bahrain Grand Prix 2.10 My Life As an Animal 3.10 Snog, Marry, Avoid? 3.40 Snog, Marry, Avoid? 4.10 Freaky Eaters 5.10 Close

BBC4

7.00 Cranford 8.00 Mud, Sweat and Tractors: The Story of Agriculture 9.00 Jimmy and the Wild Honey Hunters 10.00 Who Killed the Honey Bee? 11.00 Horizon 11.50 Newsweek with Charlie Brooker 12.20 Mud, Sweat and Tractors: The Story of Agriculture 1.20 Jimmy and the Wild Honey Hunters 2.15 Who Killed the Honey Bee? 3.15 Mud, Sweat and Tractors: The Story of Agriculture 4.15 Close

ITV2

2.25 Gossip Girl 3.25 Kids Do the Funniest Things 4.25 Coronation Street 7.00 Primeval 8.00 Britain's Got Talent 9.00 Supernatural 10.00 Katie & Peter: Stateside 11.00 Film:

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The Interpreter 12 (2004) 1.35 Celebrity Juice 2.00 Teleshopping 5.05 ITV2 Nightscreen

Sky1

1.00 Oops TV 3.00 Oops TV 2.00 UK Border Force 3.30 UK Border Force 4.00 Futurama 4.30 Futurama 5.00 The Simpsons 5.30 The Simpsons 6.00 Guinness World Records Smashed! 7.00 Don't Forget the Lyrics 8.00 The Simpsons 8.30 The Simpsons 9.00 Lost: Story of the Oceanic 6 10.00 Fringe 11.10 Night Cops 12.10 Road Wars 1.10 Road Wars 2.05 Street Wars 3.00 Naked in Blackpool 3.55 Tenerife Uncovered 4.50 Bite Size Brainiac 5.10 Guilty!

G.O.L.D

1.10 The Vicar of Dibley 2.05 The Vicar of Dibley 3.15 The Vicar of Dibley 4.30 The Vicar of Dibley 5.45 The Vicar of Dibley 6.40 The Vicar of Dibley 7.50 The Vicar of Dibley 9.05 Jonathan Creek 10.20 French and Saunders 11.30 French and Saunders 12.25 Last of the Summer Wine 1.05 Last of the Summer Wine 1.45 The New Adventures of Old Christine 2.10 Charlie's Angels 3.00 Close

TCM

1.00 Trouble Along the Way U (1953) 3.00 Auntie Mame U (1958) 5.35 Kansas Pacific PG (1953) 7.00 Cats & Dogs PG (2001) 9.00 Pretty in Pink 15 (1986) 10.50 The Bonfire of the Vanities 15 (1990) 1.15 Pretty in Pink 15 (1986) 3.00 Shaft 15 (1971) 5.00 Mister Roberts U (1955)

The Disney Channel

Kids' programmes from 7am, except: 8.00 Film: Wendy Wu: Homecoming Warrior PG (2006) Adventure, starring Brenda Song.

MOVIES

Sky Movies Drama

6.00 Cop Dog PG (2008) 7.45 What Dreams May Come 15 (1998) 9.45 Onegin 12 (1999) 11.45 American Graffiti PG (1973) With Richard Dreyfuss. 1.45 One True Thing 15 (1998) With Renee Zellweger. 4.00 Forces of Nature 12 (1999) With Sandra Bullock. 6.00 The Jane Austen Book Club 12 (2007) With Kathy Baker. 8.00 The Other Boleyn Girl 12 (2008) With Natalie Portman. 10.00 Charlie Wilson's War 15 (2007) With Tom Hanks. 12.00 Platoon 15 (1986) With Charlie Sheen. 2.15 I Want You 18 (1998) With Rachel Weisz. 3.45 35MM 4.15 One Special Night PG (1999)

Sky Movies Comedy

6.00 The Muse PG (1999) 7.40 School for Scoundrels 12 (2006) 9.25 Code Name: The Cleaner PG (2007) 11.00 Turner & Hooch PG (1989) With Tom Hanks. 12.45 Superbad 15 (2007) With Jonah Hill. 2.45 Semi-Pro 15 (2008) With Will Ferrell. 4.30 School for Scoundrels 12 (2006) With Billy Bob Thornton. 6.15 Turner & Hooch PG (1989) With Tom Hanks. 8.00 Superbad 15 (2007) With Jonah Hill. 10.00 Semi-Pro 15 (2008) With Will Ferrell. 11.35 Code Name: The Cleaner PG (2007) With Cedric the Entertainer. 1.10 Kenny 15 (2006) With Shane Jacobson. 2.55 Dudley Do-Right PG (1999) With Brendan Fraser. 4.20 The Muse PG (1999)

Sky Movies Action/Thriller

6.00 Mr Nice Guy 15 (1997) 7.45 X-Men 12 (2000) 9.35 Ocean's Thirteen PG (2007) 11.40 Transformers 12 (2007) With Shia LaBeouf. 2.10 Ocean's Thirteen PG (2007) With George Clooney. 4.15 Knight Rider 2000 12 (1991) With David Hasselhoff. 6.05 X-Men 12 (2000) With Hugh Jackman. 8.00 Transformers 12 (2007) With Shia LaBeouf. 10.30 Knock Off 18 (1998) With Jean-Claude Van Damme. 12.15 Sudden Death 18 (1995) With Jean-Claude Van Damme. 2.20 Face 18 (1997) With Robert Carlyle. 4.20 Knight Rider 2000 12 (1991)

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SPORT

Sky Sports 1

6.00 Aerobics Oz Style 6.30 Football First 8.00 Football First 9.30 The Sunday Supplement 11.00 Goals on Sunday 1.00 Live Football Special. Arsenal v Middlesbrough (Kick-off 1.30pm). 3.30 Live Super Sunday. Blackburn Rovers v Wigan Athletic (Kick-off 4.00pm). 6.30 Super Sunday: The Last Word 7.00 Live Spanish Football. A La Liga match. 10.00 Football Special 11.30 Super Sunday: The Last Word 12.00 WWE Vintage Collection 1.00 Live WWE Wrestling: Backlash. From the Dunkin' Donuts Centre in Providence, Rhode Island. 4.00 Football Special 5.30 Super Sunday: The Last Word

Sky Sports 2

6.00 Live European Tour Golf. The Ballantine's Championship. 8.30 Sport of Yachting 9.00 Sailing 9.30 Wild Spirits 10.00 World Sport 10.30 Live Cricket. Gloucestershire Gladiators v Surrey Brown Caps. 6.30 Wild Spirits 7.00 Live NASCAR. The Aaron's 499. 11.00 Indy Car Series 1.00 Spanish Football 3.00 Close

Sky Sports 3

6.00 Wild Spirits 6.30 Scottish Cup Football 7.30 Spanish Football 9.00 WWE: Afterburn 10.00 WWE: Vintage Collection 11.00 Wild Spirits 11.30 Racing News 12.00 NFL Draft 2.00 Wild Spirits 2.30 World Sport 3.00 Live Tennis. The Torneo Godo final. 5.00 WWE: Experience 6.00 Hockey 7.00 World Sport 7.30 Golf Night 10.00 WWE: Experience 11.00 WWE: Late Night - Afterburn 12.00 Golf Night 2.30 Close

British Eurosport

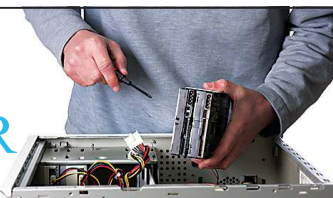
5.15 Live MotoGP. The Japanese Grand Prix 250cc race. 6.30 MotoGP 7.30 MotoGP 8.00 MotoGP 9.15 World Rally Championship 9.45 Live London Marathon. The 29th staging of the annual event. 12.00 Strongest Man 1.00 Strongest Man. The Super Series event in Sweden. 2.05 Live Snooker: The World Championship. The opening session of two second-round matches. 5.00 Cycling 6.10 Cycling 6.45 Planet Armstrong 6.45 Live Snooker: The World Championship. Further second-round coverage from Sheffield. 10.00 Motorsports Weekend 10.30 MotoGP 12.05 Futsal 12.35 Close

Sky Sports Xtra

6.00 Adrenaline Adventures 6.30 Premiership Rugby Union 8.00 NFL Draft 10.00 Speedway 1.00 European Tour Golf 5.50 NFL Draft 7.00 Tennis 9.00 NFL Draft 11.00 Tennis 1.00 Hockey 2.00 Close

(R) - repeat programme;
(T) - programme with teletext subtitles;
(S) - programme broadcast in stereo;
(bw) - black and white.

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BBC1

6.00 Breakfast. (T) 9.15 Real Rescues. (T) 10.00 Homes Under the Hammer; (T) BBC News; Weather. (T) 11.00 To Buy or Not to Buy. (R) (T) 11.30 Sun, Sea and Bargain Spotting; (T) BBC News; Weather. (T) 12.15 Cash in the Attic. (R) (T) 1.00 BBC News; Weather. (T) 1.30 Regional News; Weather. (T) 1.45 Doctors. (T) 2.15 Diagnosis Murder. (R) (T) 3.00 BBC News; Weather; Regional News. (T) 3.05 CBeebies: Kerwhizz. (T) 3.25 CBBC: Arthur. (T) 3.40 Arthur. (T) 3.55 Uncle Max. (R) (T) 4.05 Beat the Boss USA. (R) (T) 4.35 MI High. (R) (T) 5.05 Newsround. (T)

5.15 Weakest Link. General knowledge quiz, with Anne Robinson, as members of the public try to outdo each other to win a cash prize. (T)
6.00 BBC News; Weather. (T)
6.30 Regional News Programmes; Weather. (T)
7.00 The One Show. Adrian Chiles and Christine Bleakley present reports on issues affecting people around the UK. (T)

7.30 Watchdog. Nicky Campbell, Julia Bradbury, Paul Heiney and Anita Ryan investigate consumer issues; (T) BBC News; Regional News. (T)
8.00 EastEnders. Tanwar urges Syed to leave Walford until the time is right to ask for Massimo's forgiveness, but feels betrayed when his brother befriends Janine. Phil confronts Heather after she tells Ben about his night with Shirley, while Ricky persuades Whitney to go out with Todd. Billy receives a drawing from Janet in the post. (T)

8.30 Panorama. Jeremy Vine assesses the case of nurse Margaret Hayward, who was involved in the secret filming of the elderly at an NHS hospital in an attempt to expose apparent failings in the care system. A decade after the Government promised to protect whistleblowers, he asks why more people are not willing to speak out when patients are in danger. (T)
9.00 Ashes to Ashes. When a car chase ends with a fatal crash, Gene is accused of causing death by dangerous driving, leading to increased tension with the local community. As Alex takes up the fight to prove her boss's innocence, she becomes concerned that Hunt is being led into corruption by Supmac - and to add to her problems, she begins to doubt her mysterious stalker's offer of a way home. (T)

10.00 BBC News. (T)
10.25 Regional News; Weather. (T)
10.35 The Omid Djalili Show. The comedian talks about football and line-dancing. Sketches feature highlights from the Middle Eastern TV network, Henry VIII's search for another wife, and Minicab - The Musical. (T)

11.05 Inside Sport. Presented by Gabby Logan. (T)
11.35 FILM: The Kovak Box (2006). Premiere. Thriller, starring Timothy Hutton; (T) Weatherview. (T)
1.25 Sign Zone: The Lost World of Communism. (R) (T) 2.25 Sign Zone: The Real Swiss Family Robinson. (R) (T) 3.25 Sign Zone: Building the Olympic Dream. (R) (T) 4.25 BBC News. (T)



BBC2

6.00 CBeebies: Tikkabilla. (R) (T) 6.30 Teletubbies; (R) (T) Doodle Do Making Moments. (T) 7.00 CBBC: Freefonix. (R) (T) 7.25 Newsround. (T) 7.30 Dani's House. (R) (T) 8.00 Scoop. (R) (T) 8.30 CBeebies: Big & Small. (R) (T) 8.40 Bob the Builder: Project Build It. (R) (T) 8.50 3rd & Bird; (R) (T) Mr Tumble Shorts. (R) (T) 9.10 Mister Maker. (R) (T) 9.30 Boogie Beebies. (R) (T) 9.45 Get Squiggling. (R) (T) 10.00 Nina and the Neurons. (R) (T) 10.15 Charlie and Lola. (R) (T) 10.30 In the Night Garden. (R) (T) 11.00 Schools: Words and Pictures. (T) 11.10 Telling Tales. (T) 11.15 Telling Tales. (T) 11.20 Big Slam Poetry. (T) 11.40 Let's Write a Story. (T) 12.00 Daily Politics. (T) 12.30 Working Lunch. (T) 1.00 Snooker: The World Championship. Live coverage of the second round. (T) 6.00 Eggheads. (T) 6.30 Great British Menu. (T) 7.00 Snooker: The World Championship. The second round reaches a conclusion in tonight's live coverage, as the final two matches are decided and the line-up for the quarter-finals is confirmed. (T) 8.00 Wainwright Walks. Scaling the demanding mountain Blencathra. (R) (T) 8.30 Nigella Express. How to make the most of everyday ingredients. (R) (T) 9.00 Heroes. Angela reveals the dark secrets that have haunted her for years. (T) 9.45 Hairy Bikers Short. (T) 10.00 Have I Got News for You. (R) (T) 10.30 Newsnight; Weather. (T) 11.20 21st-Century Bach: The Complete Organ Works. (T) 11.40 Snooker: The World Championship. (T) 12.30 Snooker Extra. (T) 2.30 BBC News. (T) 4.00 BBC Learning Zone. (T)

C4

5.50 The Hoobs. (R) (T) 6.15 The Hoobs. (R) (T) 6.40 Planet Cook. (R) (T) 7.00 Freshly Squeezed. 7.25 Everybody Loves Raymond. (R) (T) 7.55 Everybody Loves Raymond. (R) (T) 8.25 Frasier. (R) (T) 8.55 Will & Grace. (R) (T) 9.25 Will & Grace. (R) (T) 9.50 Brothers & Sisters. (R) (T) 10.50 Without a Trace. (R) (T) 11.45 What's in a Word? (R) (T) 12.00 News at Noon. (T) 12.30 A Place in the Sun: Home or Away. (R) (T) 1.35 3 Minute Wonder. Found Family Footage. (R) (T) 1.40 FILM: A Ticket to Tomahawk (1950). Comedy Western, starring Dan Dailey. (T) 3.25 Countdown. (T) 4.15 Deal or No Deal. (T) 5.00 The Paul O'Grady Show. (T) 6.00 The Simpsons. (R) (T) 6.30 Hollyoaks. (T) 7.00 Channel 4 News. (T) 7.55 3 Minute Wonder: Flatpack Stories. New series. Britain's relationship with homework store Ikea. (T) 8.00 Dispatches: Crash - How Long Will It Last? Conclusion. How the UK can be lifted out of recession. (T) 9.00 Henry VIII: Mind of a Tyrant. How the Tudor king made England more independent. Last in the series. (T) 10.00 The Secret Millionaire. Entrepreneur Martin Stamp goes undercover in Hull. (R) (T) 11.05 Chris Moyles' Quiz Night. (R) (T) 11.55 The Hospital. How the NHS is struggling to cope with teenage obesity. Last in the series. (R) (T) 12.55 NY-LON. (R) (T) 1.55 FILM: Genevieve (1953). Comedy, starring Dinah Shore. (T) 3.25 Hill Street Blues. (R) (T) 4.10 Chicken Wire. (R) (T) 4.20 Great Civilisations. (R) (T) 4.50 Time Team. (R) (T) 5.45 Making It. (R)

FIVE

6.00 Milkshake!: Miss Spider's Sunny Patch Friends. (R) (T) 6.10 The Adventures of Bottle Top Bill and His Best Friend Corky. (R) (T) 6.25 Fireman Sam. (R) (T) 6.35 Roary the Racing Car. (R) (T) 6.45 Peppa Pig. (R) (T) 6.50 Roodabab and Custard Too. (R) (T) 7.00 Olivia. (R) (T) 7.15 Little Princess. (R) (T) 7.25 Little Lodgers. (R) (T) 7.30 The Mr Men Show. (R) (T) 7.45 Noddy in Toyland. (T) 8.00 Fifi and the Flowertots. (R) (T) 8.15 Peppa Pig. (R) (T) 8.25 Thomas & Friends. (R) (T) 8.35 Pocoyo. (R) (T) 8.45 Bert and Ernie's Great Adventures. (R) (T) 8.50 Play! (R) (T) 9.00 Rupert Bear. (R) (T) 9.15 The Wright Stuff. (T) 10.45 Trisha Goddard. (T) 11.45 How Not to Decorate. (R) (T) 12.30 Zoo Days Shorts. (R) (T) 12.45 Five News. (T) 12.55 Wordplay. (T) 1.45 Neighbours. (T) 2.15 Home and Away. (T) 2.50 Wordplay Plus. (T) 3.05 The Family Recipe. (R) (T) 3.10 FILM: Trial and Error (1997). Courtroom thriller, with Tim Matheson. (T) 5.00 Five News with Natasha Kaplinsky; Weather. (T) 5.30 Neighbours. (R) (T) 6.00 Home and Away. (R) (T) 6.30 Zoo Days. (R) (T) 7.00 Five News at 7. (T) 7.30 Chris Barne's Massive Speed. The actor explores four-wheel-drive technology. (R) (T) 7.30 Five News Update. (T) 8.00 The Gadget Show's Big Experiment. An attempt to break the sound barrier with a football; (R) (T) 8.00 Five News at 8.30 Extreme Fishing with Robson Green. The actor's best moments from series one and two of the angling programme. (T) 10.00 Michael Jackson for Sale. Exploring the financial highs and lows of the pop legend's career. (T) 11.05 FILM: FX2: The Deadly Art of Illusion (1991). Action sequel, starring Bryan Brown. 1.05 NASCAR. 1.55 US PGA Golf. 2.45 AMA Supercross. 3.35 Aerocross. 4.20 MotoGP Mundial. 4.45 Indy Car Series. (R) (T) 5.10 Neighbours. (R) (T) 5.35 Home and Away. (R) (T)

LOCAL

RTP1
0630 Bom Dia Portugal 1000 Praça da Alegria 1300 News 1415 Caminhos da Vida 1500 Sanguê do Meu Sanguê 1610 Portugal no Coração 1800 Portugal em Directo 1905 Preço Certo 2000 News 2120 Notas Soltas 2115 Cuidado com a Língua 2135 Duelo Final 2230 Prês e Contrás 0100 Saved, series 0650 Provas de Amor 0330 Teleseleções 0650 News

RTP2
0720 Zig Zag 1400 Sociedade Civil 1530 O Meu Bairro 1600 Grandes Livros 1700 Zig Zag 1830 A Fé dos Homens 1900 Eurodeputados 1945 Zig Zag 2045 Everybody Hates Chris, series 2115 National Geographic 2145 A Hora da Sorte 2200 News 2240 ER, series 0030 Notícias da Dois 0100 Universidades 0130 Eurodeputados 0200 Euronews 0500 Sociedade Civil

SIC
0600 Sic Notícias 0900 Ligo. Ganhou! 1000 Fátima 1300 News 1415 O Cravo e a Rosa 1530 Contacto 1715 Rebelde Way 1800 Três Irmãs 1900 Nós por Cá 2000 News 2100 Mário Crôpo Entrevista 2130 Os Malucos do Rio 2215 Não Há Crise 2300 Caminho das Índias 2345 Podia Acabar o Mundo 0045 Criminal Minds, series 0145 CSI New York, series 0230 Quando o Telefone Toca 0430 Ciranda de Pedra

TVI
0700 Diário da Manhã 1015 Você na TV! 1300 News 1400 As Tardes da Júlia 1700 Quem quer Ganhar 1815 Morangos com Açúcar 2000 News 2130 Flor do Mar 2230 Felício de Amor 2330 Olhos nos Olhos 0015 Dr. House, series 0115 The Black Donnellys, series 0230 Sempre a Somar 0430 Law & Order: Special Victims Unit, series 0530 Teleseleções

Best of the Rest

BBC3
7.00 Doctor Who 7.50 Robin Hood 8.30 Snog, Marry, Avoid? 9.00 Gavin & Stacey 9.30 Bizarre ER 10.00 EastEnders 10.30 Heroes 11.15 Family Guy 11.40 Family Guy 12.00 Bizarre ER 12.30 Gavin & Stacey 1.00 Snog, Marry, Avoid? 1.30 Drinking with the Girls 2.30 Freaky Eaters 3.25 Don't Tell the Bride 4.25 Drinking with the Girls 5.25 Close

BBC4
7.00 World News Today 7.00 Weather 7.30 James Ravilious: A World in Photographs. 8.00 Who Killed the Honey Bee? 9.00 Winds 10.00 BBC Four Sessions: Marianne Faithfull 11.00 Marianne Faithfull: Keeping the Faith 11.50 Film: Irina Palm 15 (2007) 1.25 Winds 2.25 Who Killed the Honey Bee? 3.25 James Ravilious: A World in Photographs 3.55 Close

ITV2
1.00 Emmerdale 1.30 The Jeremy Kyle Show 2.35 The Jeremy Kyle Show 3.45 Ricki Lake 4.30 Ricki Lake 5.15 Sally Jessy Raphael 6.00 Judge Judy 7.00 All Star Mr & Mrs 8.00 Primeval 9.00 Superhuman: World's Tallest Children 10.00 The Chopping Block 11.00 Film: Total Recall 18 (1990) 1.20 Coronation Street 1.50 Coronation Street 2.15 Sex, Love and Secrets 2.55 Teleshopping 5.55 ITV2 Nightscreen

Sky1
1.00 Don't Forget the Lyrics US 2.00 Tru Calling 3.00 Cold Case 4.00 Lion Man 4.30 Malcolm in the Middle 5.00 Bondi Vet 5.30 Futurama 6.00 Futurama 6.30 Oops TV 7.00

The Simpsons 7.30 The Simpsons 8.00 The Simpsons 8.30 The Simpsons 9.00 24 10.00 Road Wars 11.00 Road Wars 12.00 Champions League Weekly 12.30 Ross Kemp on Gangs 1.30 Stargate SG-1 2.20 Stargate SG-1 3.15 Road Wars 4.10 Road Wars 5.05 Bite Size Brainiac 5.10 Top Design

G.O.L.D
1.00 Last of the Summer Wine 1.40 Last of the Summer Wine 2.20 Steptoe and Son 3.00 Last of the Summer Wine 3.40 Just Good Friends 4.20 As Time Goes By 5.00 Whatever Happened to the Likely Lads? 5.40 Porridge 6.20 My Family 7.00 Last of the Summer Wine 7.40 Last of the Summer Wine 8.20 Steptoe and Son 9.00 The Royle Family 9.40 Only Fools and Horses 11.00 Men Behaving Badly 11.40 Harry Enfield and Chums 12.20 The Royle Family 1.00 Men Behaving Badly 1.40 Fantasy Island 2.35 Harry Enfield and Chums 3.00 Close

TCM
1.05 This Woman Is Dangerous PG (1952) 3.00 A Big Hand for the Little Lady U (1966) 4.50 The Bobo PG (1967) 6.50 Bronco Billy PG (1980) 9.00 The Bounty PG (1984) 11.30 Point Blank 18 (1967) 1.15 The Bounty PG (1984) 3.40 Village of the Damned 12 (1960) 5.00 The FBI Story PG (1959)

The Disney Channel
Kids' programmes from 7am, except: 8.00 Film: Return to Halloweentown PG (2006) Fantasy adventure sequel, starring Summer Bishill.

MOVIES

Sky Movies Drama

6.00 Redemption of the Ghost PG (2001) 8.00 The Neighbor 12 (2008) 9.45 Alex Zane's Guest List 10.15 Love N' Dancing 12 (2008) 12.00 Because I Said So 12 (2007) With Diane Keaton. 1.45 We Are Marshall PG (2006) With Matthew McConaughey. 4.00 Innocent Moves PG (1993) With Joe Mantegna. 6.00 Georgia Rule 15 (2007) With Jane Fonda. 8.00 The Thin Red Line 15 (1998) With Sean Penn. 10.50 Michael Clayton 15 (2007) With George Clooney. 12.55 Mortal Thoughts 18 (1991) With Demi Moore. 2.45 In Dreams 18 (2007) With Annette Bening. 4.30 Sam Churchill: Search for a Homeless Man PG (1999)

Sky Movies Comedy

6.00 The Pirates of Penzance U (1982) 7.55 Whatever Happened to Harold Smith? 15 (1999) 9.35 Foul Play 12 (1978) 11.35 Mannequin PG (1987) With Andrew McCarthy. 1.10 The Simpsons Movie PG (2007) With Dan Castellaneta. 2.40 Wild Hogs 12 (2007) With John Travolta. 4.25 I Now Pronounce You Chuck & Larry 12 (2007) With Adam Sandler. 6.25 Mannequin PG (1987) With Andrew McCarthy. 8.00 The Simpsons Movie PG (2007) With Dan Castellaneta. 9.30 Wild Hogs

12 (2007) With John Travolta. 11.15 I Now Pronounce You Chuck & Larry 12 (2007) With Adam Sandler. 1.15 Foul Play 12 (1978) With Goldie Hawn. 3.15 Whatever Happened to Harold Smith? 15 (1999) 4.55 The Pirates of Penzance U (1982)

Sky Movies Action/Thriller

6.10 Time Bomb 12 (2006) 7.50 The Marine 15 (2006) 9.35 The Librarian: Return to King Solomon's Mines PG (2006) 11.20 A Bridge Too Far PG (1977) With Dirk Bogarde. 2.20 Dante's Peak 12 (1997) With Pierce Brosnan. 4.20 Time Bomb 12 (2006) With Angela Bassett. 6.00 The Marine 15 (2006) With John Cenna. 8.00 Dante's Peak 12 (1997) With Pierce Brosnan. 10.00 Lock, Stock and Two Smoking Barrels 18 (1998) With Nick Moran. 12.00 Soldier 18 (1998) With Kurt Russell. 2.00 Death Sentence 18 (2007) With Kevin Bacon. 4.00 The Librarian: Return to King Solomon's Mines PG (2006) 5.50 The Top 10 Show



SPORT

Sky Sports 1

6.00 Good Morning Sports Fans 9.00 Football Special 10.30 Super Sunday: The Last Word 11.00 Spanish Football 1.00 Soccer AM: The Best Bits 2.00 Football Special 3.30 Super Sunday: The Last Word 4.00 Soccer AM: The Best Bits 5.00 Big League Weekend 2.60 PFA Awards 7.30 Live Football League. Norwich City v Reading (Kick-off 7.45pm). 10.00 PFA Awards 11.30 Big League Weekend 2.60 Soccer AM: The Best Bits 1.30 PFA Awards 3.00 Sports Unlimited 4.00 Watersports World 5.00 Max Power

Sky Sports 2

6.00 Aerobics Oz Style 6.30 Adrenaline Adventures 7.00 Champions League Weekly 7.30 Golf Night 10.00 Tennis 12.00 Live Masters Tennis. The Internazionali BNL d'Italia. 9.30 H2O Sports International 10.00 Poker 12.00 H2O Sports International 12.30 Airsports World 1.00 Poker 3.00 Big League Weekend 2.40 Soccer AM: The Best Bits 5.30 Close

Sky Sports 3

10.00 WWE: Bottom Line 11.00 WWE: Afterburn 12.00 WWE Vintage Collection 1.00 WWE: Experience 2.00 WWE: Bottom Line 3.00 WWE: Afterburn 4.00 WWE Vintage Collection 5.00 WWE: Raw 7.00 WWE: Smackdown 9.00 WWE Wrestling: Backlash 12.00 WWE Vintage Collection 1.00 Max Power 2.00 Live WWE: Late Night - Raw. Wrestling action from the States. 4.15 Close

British Eurosport

7.30 World Rally Championship 8.00 World Superbikes 9.30 Motorsports Weekend 10.00 World Snooker: The World Championship. The final day of second-round matches gets under way in Sheffield. 1.00 Cycling 2.30 Live Snooker: The World Championship. Further coverage of the second round from Sheffield. 5.00 Eurogoals 5.45 Eurogoals: Oneto One 6.00 World Superbikes 7.00 Live Snooker: The World Championship. The second round reaches a conclusion. 10.00 MotoGP 11.35 Futsal 12.30 Close

Sky Sports Xtra

7.00 NASCAR 11.00 Indy Car Series 1.00 The Super 14 Show 3.00 NASCAR 7.00 Indy Car Series 9.00 Adrenaline Adventures 9.30 Wild Spirits 10.00 Max Power 11.00 Adrenaline Adventures 11.30 Wild Spirits 12.00 Hockey 1.00 Adrenaline Adventures 1.30 Wild Spirits 2.00 Close

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ANOTHER SERVICE FROM WORLD TELECOM

BBC1

6.00 Breakfast. (T) 9.15 Real Rescues. (T) 10.00 Homes Under the Hammer. (T) BBC News: Weather. (T) 11.00 To Buy or Not to Buy. (R) (T) 11.30 Sun. Sea and Bargain Spotting. (T) BBC News: Weather. (T) 12.15 Cash in the Attic. (R) (T) 1.00 BBC News: Weather. (T) 1.30 Regional News: Weather. (T) 1.45 Doctors. (T) 2.15 Diagnosis Murder. (R) (T) 3.00 BBC News: Weather. (T) 3.05 CBeebies: Big & Small. (R) (T) 3.15 Grandpa in My Pocket. (R) (T) 3.25 CBBC: Arthur. (T) 3.40 Arthur. (T) 3.55 Uncle Max. (R) (T) 4.05 Richard Hammond's Blast Lab. (R) (T) 4.35 Blue Peter. (T) MyWish. (R) (T) 5.05 Newsround. (T)

5.15 Weakest Link. Anne Robinson oversees the back-stabbing general knowledge quiz, as contestants try to weed out the weaklings and walk off with a cash prize. (T)

6.00 BBC News: Weather. (T)
6.30 Regional News Programmes: Weather. (T)
7.00 The One Show. Adrian Chiles and Christine Bleakley present the live topical show, including regular features by historian Dan Snow and consumer expert Dominic Littlewood. (T)

7.30 EastEnders. Phil's drinking causes more misery for Shirley, Ben and Heather. Zainab is delighted by Syd's new attitude and Whitney attracts interest from a stranger while avoiding Todd. (T) BBC News: Regional News. (T)

8.00 Holly City. Maddy feels the need to prove herself to Ric as he is taking every opportunity to vent his frustration at Tom on her. Though Annalee's manslaughter charge has been dropped, Michael has to inform her she remains suspended while Connie schemes to protect the hospital. Lailane is forced to return to the Philippines and makes Daisha a surprise offer after their mother is injured. (T)

9.00 All the Small Things. The death of Binsey's brother leads to a revelation about a secret sibling and disagreements over funeral arrangements. Esther and Jake discuss their feelings for one another. (T)

10.00 BBC News. (T)
10.25 Regional News: Weather. (T)
10.35 Desperately Hungry Housewives. More commonly associated with teenage girls, cases of anorexia and bulimia among older women are on the rise. This documentary examines the stories of four housewives, whose seemingly comfortable lives are plagued by a constant struggle against their eating disorders. Among those highlighted are a woman in her early 50s with the bone density of a 92-year-old, a 36-year-old who has turned to cognitive behavioural therapy, and a bulimic mother who spends her nights bingeing and vomiting in secret. Part of the BBC Headroom campaign. (T)

11.35 Damages. Ellen hires her own private investigator after learning of Agent Harrison's death. Claire Maddox plots to ouster Walter Kendrick as head of UNDR and Patty tries to fulfil her hopes. (R) (T)

12.00 FILM: Color of Night (1994). Psychological thriller, starring Bruce Willis. (T) Weatherwix. (T) 2.20 Sign Zone: Best: His Mother's Son. (R) (T) 3.50 Sign Zone: The Kindersport Story. (R) (T) 4.20 Sign Zone: MasterChef. (R) (T) 4.50 BBC News. (T)



BBC2

6.00 CBeebies: Tikkabilla. (R) (T) 6.30 Teletubbies. (R) (T) Doodle Do Making Moments. (R) (T) 7.00 CBBC: Freefonix. (R) (T) 7.25 Newsround. (T) 7.30 Dani's House. (R) (T) 8.00 Scoop. (R) (T) 8.30 CBeebies: Big & Small. (R) (T) 8.40 Bob the Builder: Project Build It. (R) (T) 8.50 3rd & Bird. (R) (T) 9.10 Mister Maker. (R) (T) 9.30 Boogie Beebies. (R) (T) 9.45 Get Squiggling. (R) (T) 10.00 Nina and the Neurons. (R) (T) 10.15 Charlie and Lola. (R) (T) 10.30 In the Night Garden. (R) (T) 11.00 Schools: KS2 Science Clips. (T) 11.10 Science Clip Investigations. (T) 11.20 The Maths Channel. (T) 11.30 The Maths Channel. (T) 11.40 Arabic Language and Culture. (T) 12.00 Daily Politics. (T) 12.30 Working Lunch. (T) 1.00 Lifeline. (R) (T) 1.10 Snooker: The World Championship. Live coverage of the quarter-finals. (T) 6.00 Eggheads. (T) 6.30 Great British Menu. (T) 7.00 Snooker: The World Championship. Rishi Persad introduces live coverage from the Crucible Theatre in Sheffield, featuring the second session of two quarter-finals. (T) 8.00 The Speaker. The five semi-finals deliver speeches to audiences in the UK's major cities. Concludes tomorrow. (T) 9.00 Cruickshank on Kew: The Garden That Changed the World. (T) 10.00 Later Live - with Joos Holland. Performances by Sonic Youth, Depeche Mode, Lily Allen and Raphael Saadiq. An extended edition is on Friday at 11.35pm. (T) 10.30 Newsnight. Weather. (T) 11.20 21st Century Bach: The Complete Organ Works. (R) (T) 11.30 Snooker: The World Championship. (T) 12.20 Snooker Extra. (T) 2.20 BBC News. (T) 4.00 BBC Learning Zone. (T)

Pick of the Day

Born to Be Different: Turning Eight (C4, 9pm)

As part of a unique decade-long television project, Born to Be Different gives viewers a moving insight into what it's like to be a child growing up with a disability. Since they were born nine years ago, Channel 4 has been recording the lives of six youngsters and now, cameras follow them as they learn to acknowledge their disabilities. With the children beginning to realise the full extent of the difficulties facing them in the future, they're at an age when they can reflect upon their circumstances. It's an understatement to say the youngsters face a turbulent future, with some of them requiring major surgery and others requiring round-the-clock care and daily medication. Shelby, who has the genetic disorder trisomy 9p, is severely mentally and physically disabled and probably has it tougher than the other children featured in this documentary. With her health deteriorating, mum Vicki has to decide whether she should undergo a potentially life-saving operation which she has only a 50 per cent chance of surviving. It's all very sobering stuff, offering a privileged view into the trials and tribulations of these very different children, who must confront challenges which — thankfully — most of us will never have to endure.

C4

5.50 The Hoobs. (R) (T) 6.15 The Hoobs. (R) (T) 6.40 Planet Cook. (R) (T) 7.00 Freshly Squeezed. 7.25 Everybody Loves Raymond. (R) (T) 7.55 Everybody Loves Raymond. (R) (T) 8.25 Frasier. (R) (T) 8.55 Will & Grace. (R) (T) 9.25 Will & Grace. (R) (T) 9.55 Brothers & Sisters. (R) (T) 10.50 Without a Trace. (R) (T) 11.45 What's in a Word? (R) (T) 12.00 News at Noon. (T) 12.30 A Place in the Sun: Home or Away. (R) (T) 1.35 FILM: A Man Alone (1955). Western adventure, directed by and starring Ray Milland. (T) 3.25 Countdown. (R) (T) 4.15 Deal or No Deal. (T) 5.00 The Paul O'Grady Show. (T) 6.00 The Simpsons. (R) (T) 6.30 Hollyoaks. (T) 7.00 Channel 4 News. (T) 7.55 3 Minute Wonder: Flatpack Stories. A man struggles to put together a cabinet for his girlfriend. (T) 8.00 Gok's Fashion Fix. The stylist gives fashion tips to actor Lynda Bellingham. (T) 9.00 Born to Be Different: Turning Eight. Part one of two. Catching up with the children at eight years old. (T) 10.00 Shameless. Yvonne is confronted by a ghost from her past and has to think fast to keep the truth from Chesney and Meena. Frank tries to stay sober in an effort to win back Liam and Stella. (T) 11.05 The Big Bang Theory. (T) 11.35 4Music: Katy Perry: Video Exclusive. 11.40 My Name Is Earl. (R) (T) 12.10 European Poker Tour. 1.10 4Sport: Destination 2012. (R) (T) 2.05 World Sport. (R) 2.30 British GT Championship. (R) 3.00 KOTV Classics. (R) (T) 3.50 Full Metal Challenge. (R) (T) 4.50 Time Team. (R) (T) 5.45 Making It. (R)

FIVE

6.00 Milkshake! Miss Spider's Sunny Patch Friends. (R) (T) 6.10 The Adventures of Bottle Top Bill and His Best Friend Corky. (R) (T) 6.25 Fireman Sam. (R) (T) 6.35 Roary the Racing Car. (R) (T) 6.45 Peppa Pig. (R) (T) 6.50 Roobarb and Custard Too. (R) (T) 7.00 Olivia. (R) (T) 7.15 Little Princess. (R) (T) 7.25 Little Lodgers. (R) (T) 7.30 The Mr Men Show. (R) (T) 7.45 Noddy in Toyland. (T) 8.00 Fill and the Flowerbuds. (R) (T) 8.15 Peppa Pig. (R) (T) 8.25 Thomas & Friends. (R) (T) 8.35 Pocoyo. (R) (T) 8.45 Bert and Ernie's Great Adventures. (R) (T) 8.50 Play! (R) (T) 9.00 Rupert Bear. (R) (T) 9.15 The Wright Stuff. (T) 10.45 Trisha Goddard. (T) 11.45 Colin and Justin's How Not to Decorate. (R) (T) 12.30 Zoo Days Shorts. (T) 12.45 Five News. (T) 12.55 Wordplay. (T) 1.45 Neighbours. (T) 2.15 Home and Away. (T) 2.50 Wordplay Plus. (T) 3.05 The Family Recipe. (R) (T) 3.10 FILM: Victor (2008). Premiere. Sporting drama, starring Mark Lutz. (T) 5.00 Five News with Natasha Kaplinsky: Weather. (T) 5.30 Neighbours. (R) (T) 6.00 Home and Away. (R) (T) 6.30 Zoo Days. (R) (T) 7.00 Five News at 7. (T) 7.30 Highland Emergency. Two climbers are stranded on a steep mountain in Glencoe. (R) (T) 7.30 Five News Update. (T) 8.00 Legend of the Crystal Skulls: Revealed. The origins of mysterious quartz skulls. (R) (T) 9.00 CSI: Crime Scene Investigation. Nick tries to solve three separate murders at the same motel. (T) 10.00 CSI: Miami. The mother of Horatio's son Kyle is involved in a murder. (R) (T) Five News Update. (T) 11.00 CSI: NY. (R) (T) 12.00 The Shield. (R) (T) 1.00 NBA Basketball. 3.30 NBA Basketball. (R) 4.20 Indy Car Racing. 5.10 Neighbours. (R) (T) 5.35 Home and Away. (R) (T)

LOCAL Best of the Rest

RTP1
0630 Bom Dia Portugal 1000 Praça da Alegria 1300 News 1415 Chamas da Vida 1500 Sangue do Meu Sangue 1610 Portugal ao Ponto 1805 Preço Certo 1900 News 1945 Football 2130 News 2200 Uol Final 2300 Football Highlights 2345 Liga dos Últimos 0045 Lost, series 0215 Prova de Amor 0345 Telesales 0605 Nôva

RTP2
0720 Zig Zag 1400 Sociedade Civil 1530 O Meu Bairro 1600 National Geographic 1700 Zig Zag 1830 A Fé dos Homens 1900 Tênis 1950 Zig Zag 2045 Everybody Hates Chris, series 2115 National Geographic 2200 News 2240 Grey's Anatomy, series 2330 Bairro Alto 0030 Notícias da Dois 0100 Universidades 0130 Câmara Clara 0245 Euronews 0500 Sociedade Civil

SIC
0600 Sic Notícias 0900 Ligo, Ganhou! 1000 Fátima 1300 News 1415 O Cravo e a Rosa 1530 Contacto 1715 Rebelde Way 1800 Três Irmãs 1900 Nós por Cá 2000 News 2130 Os Malucos do Riso 2215 Não Há Crise 2300 Caminho das Índias 2345 Podia Acabar o Mundo 0045 Criminal Minds, series 0145 CSI New York, series 0230 Quando o Telefone Toca 0430 Entourage, series

TVI
0700 Diário Da Manhã 1015 Voçê na TV! 1300 News 1400 As Tardes da Júlia 1700 Quem quer Ganhar 1815 Morangos com Açúcar 2000 News 2130 Flor do Mar 2230 Felício de Amor 2330 Olhos nos Olhos 0015 House of Saddam, miniseries 0230 Sempre a Somar 0430 Law & Order: Special Victims Unit, series 0530 Telesales

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MOVIES

Sky Movies Drama

6.10 Gideon PG (1999) 7.55 Wolverine Special 8.15 The Trench 15 (1999) 10.00 The Legend of 1900 15 (1998) 12.15 Cleaverville 12 (2007) With Ever Carradine. 1.45 Daisy Miller U (1974) With Cybill Shephard. 3.25 The Top 10 Show 3.45 Instinct 15 (1999) With Anthony Hopkins. 6.00 The Illusionist PG (2006) With Edward Norton. 8.00 The Last of the Mohicans 15 (1992) With Daniel Day-Lewis. 10.00 Sleepers 18 (1996) With Brad Pitt. 12.30 Vanishing Point 18 (1971) With Barry Newman. 2.30 The Skulls 15 (2000) With Joshua Jackson. 4.30 Taken Away PG (1996)

Sky Movies Comedy

6.50 Cousins 15 (1989) 8.50 The Naked Man 15 (1998) 10.30 Cousins 15 (1989) 12.30 Spy Hard PG (1996) With Leslie Nielsen. 2.00 Knocked Up 15 (2007) With Seth Rogen. 4.10 Parenthood 15 (1989) With Steve Martin. 6.20 The Brothers Solomon 15 (2007)

(R) - repeat programme;
(T) - programme with teletext subtitles;
(S) - programme broadcast in stereo;
(bw) - black and white.

SPORT

Sky Sports 1

6.00 Good Morning Sports Fans 9.00 Big League Weekend 2.00 Soccer AM: The Best Bits 11.00 Live Cricket. Somerset v Durham. 6.00 Revista De La Liga 7.00 Hatton v Paequiao 24/7 7.30 Live Speedway. Somerset Rebels v King's Lynn Stars. 9.30 Hatton v Paequiao 24/7 10.00 Revista De La Liga 11.00 Hatton v Paequiao 24/7 11.30 Football Asia 12.00 Speedway 2.00 Hatton v Paequiao 24/7 2.30 Revista De La Liga 3.30 Pool 4.30 Hatton v Paequiao 24/7 5.00 Revista De La Liga

Sky Sports 2

6.00 Aerobics Oz Style 6.30 Adrenaline Adventures 7.00 Soccer AM: The Best Bits 8.00 Poker 10.00 Adrenaline Adventures 10.30 PFA Awards 12.00 Live Masters Tennis. The International BNL d'Italia 9.30 Mountain Bike World 10.00 Poker 11.30 NFL: Total Access 12.30 Ladies European Tour Golf 1.30 Football Asia 2.00 Poker 3.30 Close

Sky Sports 3

11.00 Aerobics Oz Style 11.30 Racing News 12.00 Poker 2.00 Adrenaline Adventures 2.30 Big League Weekend 2.30 PFA Awards 5.00 NFL: Total Access 6.00 Mountain Bike World 6.30 Pool 7.30 Live Greyhound Racing. The Coral Regency meeting. 10.00 Sports Unlimited 11.00 Bass Fishing 12.00 Pool 1.00 Sports Unlimited 2.00 Close

British Eurosport

7.30 Yoz Magazine 7.45 UEFA Champions League 8.45 Eurogoals: Oneto One9.00 MotoGP

10.00 Live Snooker: The World Championship. Coverage of the opening two quarter-finals. 1.00 Live WTA Tennis. The Porsche Tennis Grand Prix. 2.45 Live Snooker: The World Championship. Coverage of two quarter-finals. 5.30 Live WTA Tennis. The Porsche Tennis Grand Prix. 7.00 Live Snooker: The World Championship. The second session of two quarter-finals. 10.00 World Rally Championship 11.00 Porsche Super Cup 12.30 Close

Sky Sports Xtra

3.00 Wild Spirits 3.30 H2O Sports International 4.00 Adrenaline Adventures 4.30 Aerobics Oz Style 5.00 Ladies European Tour Golf 6.00 Airsports World 6.30 360 Series 7.00 Sports Unlimited 8.00 Hatton v Paequiao 24/7 8.30 Ladies European Tour Golf 9.30 360 Series 10.00 Fed Cup Tennis 11.00 Adrenaline Adventures 11.30 Mountain Bike World 12.00 360 Series 12.30 Airsports World 1.00 Adrenaline Adventures 1.30 Mountain Bike World 2.00 Fed Cup Tennis 3.00 Close

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THE PORTUGAL News

BBC1

6.00 Breakfast. (T) 9.15 Real Rescues. (T) 10.00 Homes Under the Hammer. (R) (T) BBC News: Weather. (T) 11.00 To Buy or Not to Buy. (R) (T) 11.30 Sun, Sea and Bargain Spotting. (T) BBC News: Weather. (T) 12.15 Cash in the Attic. (R) (T) 1.00 BBC News: Weather. (T) 1.30 Regional News: Weather. (T) 1.45 Doctors. (T) 2.15 Diagnosis Murder. (R) (T) 3.00 BBC News: Weather; Regional News. (T) 3.05 CBeebies: Big & Small. (R) (T) 3.15 Grandpa in My Pocket. (R) (T) 3.25 CBBC: Arthur. (T) 3.40 Arthur. (T) 3.55 Uncle Max. (R) (T) 4.05 Paradise Cafe. (R) (T) 4.35 Blue Peter. (T) MyWill. (R) (T) 5.05 Newsround. (T)

5.15 Weakest Link. Anne Robinson piles on the pressure in another round of the general knowledge contest. (R) (T)

6.00 BBC News: Weather. (T)

6.30 Regional News Programmes: Weather. (T)

7.00 The One Show. Hour-long edition. Topical reports from across the UK, featuring contributions from historian Dan Snow and consumer expert Dominic Littlewood. Presented by Adrian Chiles and Christine Bleakley. (T) BBC News: Regional News. (T)

8.00 Waterloo Road. Steph returns to work after hiding in the country with Kim's daughter Grace and faces a suspicious Rachel, who blames her for a pupil's apparently disruptive behaviour. Steph's day then takes a dramatic turn when she discovers the same pupil in a life-threatening situation. Meanwhile, Donte struggles with Chlo's decision to put their baby up for adoption and Tom marks Rose's mock A-level paper. (T) The Apprentice. The remaining candidates reach the halfway mark of the contest, with both teams given the task of valuing and selling bric-a-brac. They are given 10 identical items to sell in a day, ranging from a medical skeleton and an old-fashioned commode chair to an oriental rug and a pair of vintage shoes. The teams must sell everything at profit, but first have to filter the hidden gems from the red herrings. (T)

9.00 BBC News. (T)

10.25 Regional News: Weather. (T)

10.35 The National Lottery Draws. Mylene Klass announces the all-important numbers. (T)

10.45 The Street. Eddie agrees to attend a charity auction in order to impress his first love Pat - now married to his old friend Bob. His wife Margie initially agrees to go along, but decides to forego the event when she discovers a lump in her breast. A night of big spending and heavy drinking marks the start of a chain of unfortunate events that leave Eddie and his wife looking to each other for support. Timothy Spall and Ger Ryan star. (T) National Lottery Update.

11.45 FILM: The Lawless Heart (2001). Drama, starring Douglas Henshall. (T) Weatherview.

1.25 Sign Zone. Alan Whicker's Journey of a Lifetime. (R) (T) 2.25 Sign Zone: Grow Your Own Drugs. (R) (T)

2.55 Sign Zone: Country Tracks. (R) (T) 3.50 Sign Zone: SIDS. (R) (T) 4.20 Sign Zone: MasterChef. (R) (T) 4.50 BBC News. (T)



BBC2

6.00 CBeebies: Tikkabilla. (R) (T) 6.30 Teletubbies. (R) (T) Doodle Do Making Moments. (R) (T) 7.00 CBBC: Freerun. (R) (T) 7.25 Newsround. (T) 7.30 Dani's House. (R) (T) 8.00 Scoop. (R) (T) 8.30 CBeebies: Big & Small. (R) (T) 8.40 Bob the Builder: Project Build It. (R) (T) 8.50 3rd & Bird. (R) (T) 9.10 Mister Maker. (R) (T) 9.30 Boogie Beebies. (R) (T) 9.45 Get Squiggling. (R) (T) 10.00 Nina and the Neurons. (R) (T) 10.15 Charlie and Lola. (R) (T) 10.30 In the Night Garden. (R) (T) 11.00 Wildlife on Two. (R) (T) 11.30 Daily Politics. (T) 1.00 See Hear. (T) 1.30 Working Lunch. (T) 2.00 Snooker: The World Championship. Live coverage of the quarter-finals from Sheffield. (T) 6.00 Eggheads. (T) 6.30 Great British Menu. (T) 7.00 Snooker: The World Championship. Ray Stubbs, Steve Davis and John Parrott introduce live coverage from the Crucible Theatre in Sheffield, where the remaining two quarter-finals reach their conclusions. (T) 8.00 The Speaker. The three finalists travel to Malawi to research children's rights. Last in the series. (T) 9.00 Rain. New series. The science behind weather. (T) 10.00 The Apprentice: You're Fired! Interview with the show's freshly rejected candidate. (T) 10.30 President Obama's 100 Days: Newsnight Special. (T) Weather. (T) 11.30 21st-Century Bach: The Complete Organ Works. (R) (T) 11.35 21st-Century Bach: The Complete Organ Works. (R) (T) (S) 11.40 Snooker: The World Championship. (T) 12.30 Mad Men. (T) 1.20 Snooker Extra. (T) 3.20 BBC News. (T) 4.00 BBC Learning Zone. (T)

C4

5.50 The Hoobs. (R) (T) 6.15 The Hoobs. (R) (T) 6.40 Planet Cook. (T) 7.00 Freshly Squeezed. 7.30 Everybody Loves Raymond. (R) (T) 8.00 Everybody Loves Raymond. (R) (T) 8.30 Frasier. (R) (T) 9.00 Will & Grace. (R) (T) 9.30 Will & Grace. (R) (T) 10.00 Brothers & Sisters. (R) (T) 10.55 Without a Trace. (R) (T) 11.45 Post Modern Pastimes. (R) (T) 12.00 News at Noon. (T) 12.30 The Kitchen Pharmacy: Insomnia. (R) (T) 12.40 Back to You. (R) (T) 1.10 FILM: The Cat's Meow (2001). Premiere. Fact-based drama, starring Kirsten Dunst. (T) 3.25 Countdown. (T) 4.15 Deal or No Deal. (T) 5.00 The Paul O'Grady Show. (T) 6.00 The Simpsons. (R) (T) 6.30 Hollyoaks. (T) 7.00 Channel 4 News. (T) 7.55 3 Minute Wonder: Flatpact Stories. A man retrieves shopping trolleys that have gone astray. (T) 8.00 Embarrassing Bodies. Farmers are given advice on sexually transmitted infections. (T) 9.00 Grand Designs. Kevin McCloud returns to Sussex to see how Ben Law's self-sufficient woodsman's cottage has changed his life since he built it using methods from the medieval period. (T) 10.00 Desperate Housewives. Part two of two. The women remember time spent with Edie. (T) 11.00 Shameless. (R) (T) 12.05 The 11th Hour. (R) (T) 1.40 3 Minute Wonder: Home from Home. (R) (T) 1.45 Unreported World. (R) (T) 2.10 Dispatches: Crash - How Long Will It Last? (R) (T) 3.05 3 Minute Wonder: The Gathering. (R) (T) 3.10 The Lost Vikings of Greenland. (R) (T) 4.05 5 Minute Team. (R) (T) 5.00 Water Stories. (R) (T) 5.05 Countdown. (R) (T)

FIVE

6.00 Milkshake! Miss Spider's Sunny Patch Friends. (R) (T) 6.10 The Adventures of Bottle Top Bill and His Best Friend Corky. (R) (T) 6.25 Fireman Sam. (R) (T) 6.35 Roary the Racing Car. (R) (T) 6.45 Peppa Pig. (R) (T) 6.50 Roobarb and Custard Too. (R) (T) 7.00 Olivia. (R) (T) 7.15 Little Princess. (R) (T) 7.25 Little Lodgers. (R) (T) 7.30 The Mr Men Show. (R) (T) 7.40 Milkshake! Song Songs. (R) (T) 7.45 Noddy in Toyland. (R) (T) 8.00 Fifi and the Flowerpots. (R) (T) 8.15 Peppa Pig. (R) (T) 8.20 Peppa Pig. (R) (T) 8.25 Thomas & Friends. (R) (T) 8.35 Pocoyo. (R) (T) 8.45 Bert and Ernie's Great Adventures. (R) (T) 8.50 Play! (R) (T) 9.00 Rupert Bear. (R) (T) 9.15 The Wright Stuff. (T) 10.45 Trisha Goddard. (T) 11.45 Colin and Justin's How Not to Decorate. (R) (T) 12.30 Zoo Days Shorts. (T) 12.45 Five News. (T) 12.55 Wordplay. (T) 1.45 Neighbours. (T) 2.15 Home and Away. (T) 2.50 Wordplay Plus. (T) 3.10 FILM: Columbo: Sex and the Married Detective (1989). Crime drama, starring Peter Falk. (T) 5.00 Five News with Natasha Kaplinsky. Weather. (T) 5.30 Neighbours. (R) (T) 6.00 Home and Away. (R) (T) 6.30 Zoo Days. (R) (T) 7.00 Five News at 7. (T) 7.30 Michaela's Zoo Babies. Mary the giraffe goes into labour. (R) (T) 7.30 Five News Update. (T) 8.00 Old Riggers. Gerald's men dismantle and move the Longhorn rig. (T) 8.00 Five News at 9. 9.00 Extraordinary People: Octopus Man. A Filipino with extra limbs protruding from his abdomen. (T) 10.00 FILM: Hero Wanted (2008). Premiere. A man secretly in love with a bank teller goes on a mission of revenge when she is shot during a heist. Action thriller, starring Cuba Gooding Jr and Ray Liotta. (T) 11.45 Poker. 1.20 Villagers. 2.05 Race and Rally UK. 2.55 Winter X Games. 3.20 NHL Ice Hockey. 5.10 Neighbours. (R) (T) 5.35 Home and Away. (R) (T)

LOCAL

RTP1

0630 Bom Dia Portugal 1000 Praça da Alegria 1300 News 1415 Chamas da Vida 1500 Sanguo do Meu Sanguo 1600 Portugal no Coração 1800 Portugal em Directo 1905 O Preço Certo 2000 News 2100 Em Reportagem 2130 A Guerra 2245 Conversas de Mário Soares 2345 Football Highlights 0030 The Libertine, film 0230 Prova de Amor 0400 Telesales 0605 Nós

SIC

0720 Zig Zag 1400 Sociedade Civil 1530 AB Ciência 1700 Zig Zag 1830 Fé dos Homens 1900 Biosfera 1950 Zig Zag 2045 Everybody Hates Chris, series 2105 National Geographic 2200 News 2230 24, series 2330 Clube de Imprensa 0030 Noites da Dois 0100 Universidades 0130 Biosfera 0230 Bastidores 0330 Euronews 0500 Sociedade Civil

SIC

0600 Sic Notícias 0900 Ligo, Ganho! 1000 Fátima 1300 News. 1415 O Cravo e a Rosa 1530 Contacto 1715 Rebelde Way 1800 Trés Irmãs 1900 Nós por Cá 2000 News 2130 Os Malucos do Riso 2215 Não Há Crise 2300 Caminho das Índias 2345 Podia Acabar o Mundo 0045 Criminal Minds, series 0145 CSI New York, series 0230 Quando o Telefone Toca 0430 Entourage, series

TVI

0700 Diário Da Manhã 1015 Você na TV! 1300 News 1400 As Tardes da Júlia 1700 Quem quer Ganha 1815 Morangos com Açúcar 2000 News 2130 Flor do Mar 2230 Fêlipo de Amor 2300 Olhos nos Olhos 0015 House of Saddam, miniseries 0230 Sempre a Somar 0430 Law & Order: Special Victims Unit, series 0530 Telesales

Best of the Rest

BBC3

7.00 Doctor Who 7.45 Doctor Who Confidential. 8.00 The World's Strictest Parents 9.00 Film: It's a Boy Girl Thing 12 (2006) 10.30 Family Guy 10.55 Family Guy 11.15 Bizarre ER 11.45 Snog, Mummy, Avoid? 12.15 The World's Strictest Parents 1.15 Bizarre ER 1.45 Don't Tell the Bride 2.40 Snog, Mummy, Avoid? 3.10 Kirsten's Toppless Ambition 4.10 Don't Tell the Bride 5.05 Doctor Who Confidential 5.20 Close

BBC4

7.00 World News Today 7.00 Weather. 7.30 Wainwright Walks: To Coast to Coast 8.00 Victorian Farm 9.00 Mud, Sweat and Tractors: The Story of Agriculture 10.00 Wainwright Walks: Coast to Coast 10.30 Newsweek with Charlie Brooker 11.00 I've Never Seen Star Wars 11.30 Pop on Trial 12.30 Pop on Trial 1.30 Batman 1.55 Batman 2.20 Mad Men 3.05 Mad Men 3.55 Close

ITV2

1.00 Airline USA 1.30 The Jeremy Kyle Show 2.35 The Jeremy Kyle Show 3.45 Ricki Lake 4.30 Ricki Lake 5.15 Sally Jessy Raphael 6.00 Judge Judy 7.00 All Star Mr & Mrs 8.00 The Chopping Block 9.00 Gossip Girl 10.00 Celebrity Juice 10.30 Coronation Street 11.00 Film: Love Actually 15 (2003) 1.40 Teleshopping 4.40 ITV2 Nightscreen

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Pick of the Day

The Speaker (BBC2, 8pm)

It might not have caught the public's imagination to the same extent as Britain's Got Talent, but this search to find the UK's best speaker has definitely been more educational and arguably more uplifting — at the very least it confirms that not all teenagers are trainee thugs who communicate in swearing and text speak. Over the past few weeks, we've seen the young would-be orators try to impress judges Jo Brand, John Amaechi and Jeremy Stockwell, and receive master classes in the art of public speaking from the likes of Kate Silverton, Deborah Meaden, Alistair Campbell and Earl Spencer. Now, the three finalists will be hoping to put all that experience to good use as they prepare for their last and biggest challenge. To ensure they really have something important to talk about, the teens are travelling to Malawi with Unicef, where they meet a 13-year-old living with HIV and discover the difference a well can make to a village. After some words of encouragement from Unicef Ambassador Ewan McGregor, it's back to London, where they will use their findings to formulate a speech on one of three aspects of children's rights. Who will grab the judges' admiration and win the crown of Britain's Best Young Speaker 2009?

MOVIES

Sky Movies Drama

6.00 Miracle in the Woods PG (1997) 7.45 One True Thing 15 (1998) 10.00 The Evening Star 15 (1996) 12.15 The Valley of Light PG (2007) With Chris Klein. 2.00 Three 15 (2005) With Kelly Brook. 3.45 Freedom Writers 12 (2007) With Hilary Swank. 6.00 Hope Floats PG (1998) With Sandra Bullock. 8.00 Indecent Proposal 15 (1993) With Demi Moore. 10.00 Platoon 15 (1986) With Charlie Sheen. 12.05 Gridlock'd 18 (1997) With Tupac Shakur. 1.45 Titus 18 (1999) With Anthony Hopkins. 4.30 Deep Family Secrets PG (1997)

Sky Movies Comedy

6.20 The Most Fertile Man in Ireland 15 (1999) 8.00 The Love Letter 15 (1999) 9.30 Alex Zane's Guest List 10.00 Magicians 15 (2007) 11.35 Accepted 12 (2006) With Justin Long. 1.15 Over Her Dead Body 12 (2008) With Eva Longoria Parker. 2.55 Walk Hard: The Dewey Cox Story 15 (2007) With John C. Reilly. 4.35 Turner & Hooh PG (1989)

With Tom Hanks. 6.20 Accepted 12 (2006) With Justin Long. 8.00 Over Her Dead Body 12 (2008) With Eva Longoria Parker. 9.45 Walk Hard: The Dewey Cox Story 15 (2007) With John C. Reilly. 11.25 Serial Mom 18 (1994) With Kathleen Turner. 1.05 Magicians 15 (2007) With Robert Webb. 2.40 The Love Letter 15 (1999) With Kate Capshaw. 4.15 Turner & Hooh PG (1989)

Sky Movies Action/Thriller

6.00 TMNT PG (2007) 7.35 Die Hard 18 (1988) 9.50 Die Hard 2 18 (1990) 12.00 Blood Diamond 15 (2006) With Leonardo DiCaprio. 2.25 TMNT PG (2007) With Sarah Michelle Gellar. 3.55 Next 12 (2007) With Nicolas Cage. 5.40 The Matrix 15 (1999) With Keanu Reeves. 8.00 Die Hard 18 (1988) With Bruce Willis. 10.15 Die Hard 2 18 (1990) With Bruce Willis. 12.25 Shoot 'Em Up 18 (2007) With Clive Owen. 2.00 Warrior King 18 (2005) With Tony Jaa. 4.00 Seventeen and Missing PG (2006)

Sky Sports 1

6.00 Good Morning Sports Fans 9.00 Hutton v Pacquiao 24/7 9.30 Revista De La Liga 10.30 Hutton v Pacquiao 24/7 11.00 Live Cricket. Somerset v Durham. 6.00 European Tour Weekly 6.30 Live Masters Tennis. Day three of the Internazionali BNL d'Italia. 9.30 Big Fight Countdown 10.00 Boots 'n' All 11.00 FIFA Futbol Mundial 11.30 Total Rugby 12.00 POKER 1.30 Big Fight Countdown 2.00 FIFA Futbol Mundial 2.30 Boots 'n' All 3.30 Big Fight Countdown 4.00 You're on Sky Sports! 5.30 Big Fight Countdown

Sky Sports 2

6.00 Aerobics Oz Style 6.30 Adrenaline Adventures 7.00 Fed Cup Tennis 8.00 Revista De La Liga 9.00 Airports World 9.30 Mountain Bike World 10.00 Speedway 12.00 Live Masters Tennis. The Internazionali BNL d'Italia. Continues on Sky Sports 1. 6.30 Big Fight Countdown 7.00 Live UEFA Champions League. Manchester United v Arsenal (Kick-off 7.45pm). 10.15 You're on Sky Sports! 11.45 Big Fight Countdown 12.15 NFL: Total Access 1.15 Transworld Sport 2.15 Close

Sky Sports 3

10.00 Ladies European Tour Golf 11.00 Aerobics Oz Style 11.30 Racing News 12.00 Sports Unlimited 1.00 Revista De La Liga 2.00 Speedway 4.00 UEFA Champions League 4.30 UEFA Champions League 5.00 UEFA Champions League 5.30 UEFA Champions

League 6.00 Boots 'n' All 7.00 Watersports World 8.00 Boots 'n' All 9.00 Adrenaline Adventures 9.30 European Tour Weekly 9.30 Transworld Sport 11.00 European Tour Weekly 11.30 Bass Fishing 12.30 Watersports World 1.30 European Tour Weekly 2.00 Show Jumping 3.30 Close

British Eurosport

7.00 World Rally Championship 8.30 WTA Tennis 10.00 Live Snooker: The World Championship. The first quarter-final reaches a conclusion. 1.00 Live WTA Tennis. The Porsche Tennis Grand Prix. 2.45 Live Snooker: The World Championship. Further coverage of the quarter-finals. 5.30 Live WTA Tennis. The Porsche Tennis Grand Prix. 7.00 Live Snooker: The World Championship. The quarter-finals reach a conclusion. 10.00 UEFA Cup Football 11.00 MotoGP 12.30 Close

Sky Sports Xtra

10.30 Poker 12.00 UEFA Champions League 12.30 UEFA Champions League 1.00 UEFA Champions League 1.30 UEFA Champions League 2.00 Mountain Bike World 2.30 Poker 4.00 Adrenaline Adventures 4.30 Aerobics Oz Style 5.00 NFL: Total Access 6.00 Total Rugby 6.30 FIFA Futbol Mundial 7.00 Transworld Sport 8.00 Big Fight Countdown 8.30 Show Jumping 10.00 Fed Cup Tennis 11.00 Adrenaline Adventures 11.30 360 Series 12.00 Max Power 1.00 Adrenaline Adventures 1.30 360 Series 2.00 Fed Cup Tennis 12.30 Close

BBC1

6.00 Breakfast. (T) 9.15 Real Rescues. (T) 10.00 Homes Under the Hammer; (R) (T) BBC News; Weather. (T) 11.00 To Buy or Not to Buy. (R) (T) 11.30 Sun, Sea and Bargain Spotting; (T) BBC News; Weather. (T) 12.15 Cash in the Attic. (R) (T) 1.00 BBC News; Weather. (T) 1.30 Regional News; Weather. (T) 1.45 Doctors. (T) 2.15 Diagnosis Murder. (R) (T) 3.00 BBC News; Weather; Regional News. (T) 3.05 CBeebies: Big & Small. (R) (T) 3.15 Grandpa in My Pocket. (R) (T) 3.25 CBBC: Arthur. (T) 3.40 Arthur. (T) 3.55 Uncle Max. (R) (T) 4.05 Ed and Ocho's Excellent Inventions. (R) (T) 4.35 Horrible Histories. (R) (T) 5.05 Newsround. (T)

5.15 Weakest Link. Members of the public answer general knowledge questions against the clock, hoping to build a stack of cash and avoid being voted off the team. Anne Robinson presents. (T) BBC News; Weather. (T)

6.30 Regional News Programmes; Weather. (T) 7.00 The One Show. Adrian Chiles and Christine Bleakley present the live show, with their team of roving reporters uncovering topical stories across the UK. (T)

7.30 EastEnders. Heather's asthma attack leads to some surprising test results when Shirley takes her to see the doctor. Whitney's lost notebook is returned to her by the mysterious stranger, Masood struggles to understand how Zainab can forgive Syed, and Roxy gets a shock when she goes upstairs in the Vic to check on Phil. (T) BBC News; Regional News. (T)

8.00 My Family. An undercover assessor poses as a patient at Ben's surgery, leading to the dentist having to attend a retraining course. Comedy, starring Robert Lindsay. (T)

8.30 DIY SOS. Nick Knowles and the team visit Bradford to renovate a lounge for a woman whose move into her new house was delayed after an accident prevented her father from helping with the DIY. Julia Kendall devises a contemporary and warm design, incorporating innovative ideas for the lighting and wallpaper. (T) 9.00 Crimewatch. The hunt for the killers of a 20-year-old who was shot at point-blank range, and a look at how investigators cracked one of the most sophisticated counterfeiting frauds in recent history. Presented by Kirsty Young, Rav Wilding and Matthew Amroliwala. (T)

10.00 BBC News. (T) 10.25 Regional News; Weather. (T) 10.35 Crimewatch Update. An update on viewers' responses to the programme shown earlier. (T) 10.45 Question Time. (T)

11.45 This Week; (T) Holiday Weather. (T) 12.35 Sign Zone: Panorama. (R) (T) 1.05 Sign Zone: Watchdog. (R) (T) 1.35 Sign Zone: Countryside. (R) (T) 2.30 Sign Zone: DIY SOS. (R) (T) 3.00 Sign Zone: MasterChef. (R) (T) 4.00 BBC News. (T)



BBC2

6.00 CBeebies: Tikkabilla. (R) (T) 6.30 Teletubbies; (R) (T) Doodle Do Making Moments. 7.00 CBBC: Freefonix. (R) (T) 7.25 Newsround. (T) 7.30 Dani's House. (R) (T) 8.00 Scoop. (R) (T) 8.30 CBeebies: Big & Small. (R) (T) 8.40 Bob the Builder: Project Build It. (R) (T) 8.50 3rd & Bird; (R) (T) Mr Tumble Shorts. (R) (T) 9.10 Mister Maker. (R) (T) 9.30 Boogie Beebies. (R) (T) 9.45 Get Squiggling. (R) (T) 10.00 Nina and the Neurons. (R) (T) 10.15 Charlie and Lola. (R) (T) 10.30 In the Night Garden. (R) (T) 11.00 Schools: The Maths Channel. (T) 11.10 Telling Tales. (T) 11.15 Telling Tales. (T) 11.20 Primary Geography. (T) 11.30 Just So Darwin. (T) 11.45 Watch. (T) 12.00 Daily Politics. (T) 12.30 Working Lunch. (T) 1.00 Snooker: The World Championship. Live coverage of the opening session of the first semi-final. (T) 6.00 Eggheads. (T) 6.30 Great British Menu. (T) 7.30 Snooker: The World Championship. Rishi Persad introduces live coverage of the opening session of the second semi-final at the Crucible Theatre in Sheffield, featuring the first eight frames of the match. (T) 9.00 Professor Regan's Nursery. The scientific truth behind the marketing of children's products. (T) 10.00 The Graham Norton Show. Comedy talk show. An extended edition of the show can be seen on Sunday. (T) 10.30 Newsnight; (T) Weather. (T) 11.20 21st-Century Bach: The Complete Organ Works. (T) 11.30 The Apprentice: You're Fired! (R) (T) 12.10 Snooker: The World Championship. (T) 1.00 BBC News. (T) 4.00 BBC Learning Zone. (T)

Pick of the Day

Professor Regan's Nursery (BBC2, 9pm)

If you've been paying regular visits to BBC Two at this time, then you'll be familiar with the esteemed Professor Lesley Regan's work. If not, allow us to enlighten you. She looks at aspects of several consumer markets, and puts them to her rigorous scientific analysis to discover whether they meet her exacting standards. Confused? Well, check out this week's edition and all will become clear. Professor Regan lifts the extremely lucrative lid on the world of children's products, beginning with ready meals. She makes a surprising discovery that some items, which look a bit vulgar, actually have more health benefits than their earlier competitors. Regan meets a nutritionist at cereal giant Kellogg's to test their claim that children concentrate better after a bowl of their food. Next up is a must-see segment for all parents as the presenter goes in search of the ultimate educational toy, before finding out whether there's any truth in the so-called 'Mozart Effect'. Finally, Regan puts the age-old dispute between breast and formula milk under the microscope. Which comes out on top? The results may surprise you — and then again, they might not.

C4

5.50 The Hoobs. (R) (T) 6.15 The Hoobs. (R) (T) 6.40 Planet Cook. (R) (T) 7.00 Freshly Squeezed. 7.30 Everybody Loves Raymond. (R) (T) 8.00 Everybody Loves Raymond. (R) (T) 8.30 Frasier. (R) (T) 9.00 Will & Grace. (R) (T) 9.30 Will & Grace. (R) (T) 9.55 Brothers & Sisters. (R) (T) 10.50 Without a Trace. (R) (T) 11.45 Post Modern Pastimes. (R) (T) 12.00 News at Noon. (T) 12.30 A Place in the Sun: Home or Away. (R) (T) 1.30 FILM: The Hot Rock (1972). Crime comedy, starring Robert Redford. (T) 3.25 Countdown. (T) 4.15 Deal or No Deal. (T) 5.00 The Paul O'Grady Show. (T) 6.00 The Simpsons. (R) (T) 6.30 Hollyoaks. (T) 7.00 Channel 4 News. (T) 7.55 3 Minute Wonder: Flatpack Stories. Ikea customers try to cram furniture into their cars. Last in the series. (T) 8.00 Kirstie's Homemade Home. Kirstie Allsopp creates a sitting room and a playroom. (T) 9.00 My Wall Street. The impact of the recession on ordinary Britons. (T) 10.00 Around the World in 80 Trades. Conor Woodman begins the final leg of his trading journey on a Mexican beach, hoping to sell 750 inflatable body boards, before trying to make a profit on 400 bottles of tequila. Last in the series. (T) 11.05 Ramsay's Kitchen Nightmares USA. (R) (T) 12.05 When Women Rule the World. (R) (T) 1.05 Duplirate Drama. (R) (T) 1.30 Born to Be Different: Turning Eight. (R) (T) 2.30 The Lost Gospel of Judas. (R) (T) 3.30 Great Civilisations. (R) (T) 4.00 Time Team. (R) (T) 4.55 Countdown. (R) (T) 5.40 Cubez. (R) (T) 5.50 The Hoobs. (R) (T)

FIVE

6.00 Milkshake!: Miss Spider's Sunny Patch Friends. (R) (T) 6.10 The Adventures of Bottle Top Bill and His Best Friend Corky. (R) (T) 6.25 Fireman Sam. (R) (T) 6.35 Roary the Racing Car. (R) (T) 6.45 Peppa Pig. (R) (T) 6.55 Roobarb and Custard Too. (R) (T) 7.05 Olivia. (R) (T) 7.15 Little Princess. (R) (T) 7.30 The Mr Men Show. (R) (T) 7.45 Noddy in Toyland. (T) 8.00 Fifi and the Flowerpots. (R) (T) 8.15 Peppa Pig. (R) (T) 8.25 Thomas & Friends. (R) (T) 8.40 Pocoyo. (R) (T) 8.45 Bert and Ernie's Great Adventures. (R) (T) 8.50 Play! (R) (T) 9.00 Rupert Bear. (R) (T) 9.15 The Wright Stuff. (T) 10.15 Trisha Goddard. (T) 11.45 Colin and Justin's How Not to Decorate. (R) (T) 12.30 Zoo Days Shorts. (T) 12.45 Five News. (T) 12.55 Wordplay. (T) 1.45 Neighbours. (T) 2.15 Home and Away. (T) 2.50 Wordplay Plus. (T) 3.10 FILM: Let Me Call You Sweetheart (1997). Drama, starring Meredith Baxter. (T) 5.00 Five News with Natasha Kaplinsky; Weather. (T) 5.30 Neighbours. (R) (T) 6.00 Home and Away. (R) (T) 6.30 Zoo Days. (R) (T) 7.00 Five News at 7. (T) 7.30 Animal Rescue Squad. Shaun Boddington investigates sightings of a large black mamba; (R) (T) 7.30 Five News Update. (T) 8.00 I Own Britain's Best Home 2009. Properties in Norfolk, Lincolnshire and the Midlands. (T) 8.00 Five News at 9. 9.00 The Mentalist. Patrick visits a casino in search of a motive for murder. (T) 10.00 Law & Order: Criminal Intent. Goren and Eames uncover a series of frauds. (R) (T) 11.00 Law & Order: Special Victims Unit. (R) (T) 12.00 Quiz Call. 4.00 NBA Basketball. (R) 4.45 Wildlife SOS. (R) (T) 5.10 Neighbours. (R) (T) 5.35 Home and Away. (R) (T)

LOCAL Best of the Rest

RTP1

0630 Bom Dia Portugal 1000 Praça da Alegria 1300 News 1415 Chamadas da Vida 1500 Sangue do Meu Sangue 1600 Praça da Alegria 1805 O Preço Certo 1900 News 1940 Football 2145 News 2200 Dueto Final 2300 Corredor do Poder 0000 Quarto Crescimento 0100 Football Highlights 0130 The Nine, series 0300 Prova de Amor 0445 Telesales 0605 N6s

RTP2

0720 Zig Zag 1400 Sociedade Civil 1530 AB Ciência 1600 National Geographic 1700 Zig Zag 1830 A Fé dos Homens 1900 Iniciativa 1945 Zig Zag 2045 Everybody Hates Chris, series 2115 National Geographic 2200 News 2240 Fringe, series 2330 Toulouse Lautrec 0030 Noites da Dois 0100 Universidades 0130 Iniciativa 0215 Eurwews 0500 Sociedade Civil

SIC

0600 Sic Notícias 0900 Ligeiro, Ganho! 1000 Fátima 1300 News 1415 O Cravo e a Rosa 1530 Contacto 1715 Rebelde War 1800 Três Irmãs 1900 N6s por Cá 2000 News 2115 Aqui e Agora 2200 N6s Há Crise 2300 Caminho das Índias 2345 Podia Acabar o Mundo 0045 Criminal Minds, series 0145 Cartaz Cultural 0230 Quando o Telefone Toca 0430 Entourage, series

TVI

0700 Diário Da Manhã 1015 Você na TV! 1300 News 1400 As Gândas da Júlia 1700 Quem quer Ganhar 1815 Morangos com Açúcar 2000 News 2130 Flor do Mar 2230 Felipe de Amor 2330 Olhos nos Olhos 0015 Dirty Sexy Money, series 0130 The Office, series 0200 Cartaz das Artes 0230 Sempre a Somar 0430 Law & Order: Special Victims Unit, series 0530 Telesales

BBC3

7.00 Doctor Who 7.45 Doctor Who Confidential 8.00 Don't Tell the Bride 9.00 My Life As an Animal 10.00 EastEnders 10.30 Two Pints of Lager and a Packet of Crisps 11.00 Family Guy 11.25 Family Guy 11.45 My Life As an Animal 12.45 Don't Tell the Bride 1.40 Two Pints of Lager and a Packet of Crisps 2.10 Snog, Marry, Avoid? 2.40 The World's Strictest Parents 3.40 Freaky Eaters 4.35 Snog, Marry, Avoid? 5.05 Doctor Who Confidential 5.20 Close

BBC4

7.00 World News Today 7.00 Weather 7.40 The New Avengers 8.30 Wainwright Walks: Coast to Coast 9.00 Timeshift: Farm to Pharma - The Rise and Rise of Food Science 10.00 Flight of the Conchords Special: One Night Stand 10.30 I've Never Seen Star Wars 11.00 Newsweek with Charlie Brooker 11.30 Timeshift: Farm to Pharma - The Rise and Rise of Food Science 12.30 I've Never Seen Star Wars 1.00 Newsweek with Charlie Brooker 1.30 Flight of the Conchords Special: One Night Stand 2.00 Wainwright Walks: Coast to Coast 2.30 The New Avengers 3.25 Newsweek with Charlie Brooker 3.55 Close

ITV2

1.00 Airline USA 1.30 The Jeremy Kyle Show 2.35 The Jeremy Kyle Show 3.45 Ricki Lake 4.30 Ricki Lake 5.15 Sally Jessy Raphael 6.00 Judge Judy 6.30 Creature Comforts 6.45 Beat the Star 8.00 American Idol 9.00 Katie & Peter: Stateside 10.00 The Justin Lee Collins Show 11.00 Supernatural 12.00 American Idol 1.00 The Justin Lee Collins Show 2.00 Entourage 2.30 Entourage 3.00 Teleshopping

Sky1

1.00 Don't Forget the Lyrics US 2.00 Tru Calling 3.00 Cold Case 4.00 Lion Man 4.30 Malcolm in the Middle 5.00 Bondi Vet 5.30 Futurama 6.00 Futurama 6.30 Oops TV 7.00 The Simpsons 7.30 The Simpsons 8.00 The Simpsons 8.30 The Simpsons 9.00 Bones 10.00 Cold Case 11.00 Law & Order 12.00 Ross Kemp on Gangs 1.00 Road Wars 1.50 Road Wars 2.40 Stargate SG-1 3.30 Stargate SG-1 4.20 Ibiza Uncovered 5.10 Top Design

G.O.L.D

1.00 Last of the Summer Wine 1.40 Last of the Summer Wine 2.20 The Green Grass 3.00 Last of the Summer Wine 3.40 Just Good Friends 4.20 As Time Goes By 5.00 Whatever Happened to the Likely Lads? 5.40 One Foot in the Grave 6.20 My Family 7.40 Last of the Summer Wine 7.40 Last of the Summer Wine 8.20 The Green Grass 9.00 The Royle Family 9.40 Only Fools and Horses 11.20 Men Behaving Badly 12.00 The Thin Blue Line 12.40 The Royle Family 1.20 Men Behaving Badly 2.00 The Dick Emery Show 2.10 Charlie's Angels 3.00 Close

TCM

3.00 Crazy in Love 15 (1992) 4.45 Classic Shorts 2008 5.05 A Star Is Born U (1954) 8.30 The Screening Room 9.00 Possession 12 (2002) 10.55 Boogie Nights 18 (1997) 1.45 Possession 12 (2002) 3.30 Wise Guys 15 (1986) 5.00 Anchors Aweigh U (1945)

The Disney Channel

Kids' programmes from 7am, except: 8.00 Film: Mr Magorium's Wonder Emporium U (2007) Fantasy comedy, starring Dustin Hoffman and Natalie Portman.

MOVIES

Sky Movies Drama

6.15 The Children of Huang Shi 12 (2008) 8.25 35MM 8.55 West Side Story PG (1961) 11.30 The Other Sister 12 (1999) With Juliette Lewis. 1.45 Goya's Ghosts 15 (2006) With Javier Bardem. 3.45 Lucky You PG (2007) With Eric Bana. 5.50 Phenomenon PG (1996) With John Travolta. 8.00 Fracture 15 (2007) With Anthony Hopkins. 10.00 The American President 15 (1995) With Michael Douglas. 12.00 The Siege 15 (1998) With Denzel Washington. 2.00 The Astronaut's Wife 18 (1999) With Johnny Depp. 4.00 Wolverine Special 4.20 Malpractice PG (2001)

Sky Movies Comedy

6.00 Bad Manners 15 (1997) 7.35 I Think I Love My Wife 15 (2007) 9.15 What About Bob? PG (1991) 11.00 Evan Almighty PG (2007) With Steve Carell. 12.40 Run, Fat Boy, Run 12 (2007) With Simon Pegg. 2.25 Housesitter PG (1991) With Steve Martin. 4.10 Mystery, Alaska

Sky Movies Action/Thriller

6.00 The Killers 15 (1964) 7.45 Daylight 12 (1996) 9.45 Die Hard with a Vengeance 15 (1995) 12.00 Die Hard 4.0 15 (2007) With Bruce Willis. 2.15 Daylight 12 (1996) With Sylvester Stallone. 4.15 Conan the Destroyer 15 (1984) With Arnold Schwarzenegger. 6.05 Masters of the Universe PG (1987) With Dolph Lundgren. 8.00 Die Hard with a Vengeance 15 (1995) With Bruce Willis. 10.15 Die Hard 4.0 15 (2007) With Bruce Willis. 12.30 War 18 (2007) With Jet Li. 2.20 The Brave One 18 (2007) With Jodie Foster. 4.25 Living in Fear 15 (2001)



SPORT

Sky Sports 1

6.00 Good Morning Sports Fans 9.00 Big Fight Countdown 9.30 Total Rugby 10.00 European Tour Weekly 10.30 Live European Tour Golf. The Open de Espana. 12.30 FIFA Futbol Mundial 1.00 Big Fight Countdown 1.30 Boots 'n' All 2.30 FIFA Futbol Mundial 3.00 Big Fight Countdown 3.30 Live European Tour Golf. The Open de Espana. 5.30 Football Asia 6.00 Premier League World 6.30 Big Fight Countdown 7.00 Live Premier League Darts. Round 13 at the Sheffield Arena. 10.30 Big Fight Countdown 11.00 The Rugby Club 12.30 Big Fight Countdown 1.00 Premier League Darts 4.30 Big Fight Countdown 5.00 Premier League World 5.30 FIFA Futbol Mundial

Sky Sports 2

6.00 Aerobics Oz Style 6.30 Adrenaline Adventures 7.00 Fed Cup Tennis 8.00 Boots 'n' All 9.30 Show Jumping 10.30 Total Rugby 11.00 Boots 'n' All 12.00 Live Masters Tennis. The Internazionali BNL d'Italia. 9.30 Golf Night 11.30 NFL: Total Access 12.30 Rugby League 2.30 Big Fight Countdown 3.00 Premier League World 3.30 The Rugby Club 5.00 Close

Sky Sports 3

11.05 Live Cricket. Somerset v Durham. 6.00 NFL: Total Access 7.00 Adrenaline Adventures 7.30 Live Rugby League. Featherstone Rovers v Halifax RLFC (Kick-off 7.30pm). 9.30 WWE: Late Night - Raw 11.30 Xtreme Championship Wrestling 12.30 Mountain Bike World 1.00 Golf Night 3.00 Race World 4.00 Close

British Eurosport

7.30 World Touring Car Championship 8.00 MotoGP 9.00 Snooker: The World Championship 11.00 WTA Tennis 1.00 Live WTA Tennis. The Porsche Tennis Grand Prix. 2.45 Live Snooker: The World Championship. The opening session of the first semi-final. 5.30 Live WTA Tennis. The Porsche Tennis Grand Prix. 7.00 Live Snooker: The World Championship. The opening session of the second semi-final. 10.00 World Superbikes 11.00 UEFA Champions League 12.45 Close

Sky Sports Xtra

11.00 Aerobics Oz Style 11.30 Racing News 12.00 Watersports World 1.00 European Tour Golf 3.00 Show Jumping 4.30 Aerobics Oz Style 5.00 The Rugby Club 6.30 Aerobics Oz Style 7.00 Race World 8.00 Big Fight Countdown 8.30 The Rugby Club 10.00 Live Poker. Coverage of the online Sky Poker Five-00 tournament. 12.00 Race World 1.00 Adrenaline Adventures 1.30 Airsports World 2.00 Close

(R) - repeat programme;
(T) - programme with teletext subtitles;
(S) - programme broadcast in stereo;
(bw) - black and white.

Everything in English



707
500
600

BBC1

6.00 Breakfast. (T) 9.15 Real Rescues. (T) 10.00 Homes Under the Hammer. (R) (T) BBC News: Weather. (T) 11.00 To Buy or Not to Buy. (R) (T) 11.30 Sun, Sea and Bargain Spotting. (T) BBC News: Weather. (T) 12.15 Cash in the Attic. (R) (T) 1.00 BBC News: Weather. (T) 1.30 Regional News: Weather. (T) 1.45 Doctors. (T) 2.15 Diagnosis Murder. (R) (T) 3.00 BBC News: Weather. Regional captains Matt Dawson and Cheetah Big & Small. (R) (T) 3.15 Grandpa in My Pocket. (R) (T) 3.25 CBBC: Arthur. (T) 3.40 Arthur. (T) 3.55 Uncle Max. (R) (T) 4.05 Animals at Work. (R) (T) 4.35 Trapped. (R) (T) 5.05 Newsround. (T)

5.15 Weakest Link. General knowledge quiz. (R) (T) 6.00 BBC News: Weather. (T) 6.30 Regional News Programmes: Weather. (T) 7.00 The One Show. Live topical show in which reporters uncover the UK's most fascinating stories. Adrian Chiles and Christine Bleakley present. (T)

7.30 A Question of Sport. Sue Barker asks the questions in the light-hearted quiz, with celebrity guests joining Matt Dawson and Phil Tufnell. (T) BBC News: Regional News. (T) EastEnders. Shirley apologises to Heather for her and Phil's behaviour, but the reconciliation proves short-lived. Billy is distracted by worries and Janine drops a bombshell on Zainab. (T) 8.30 Total Wipeout Fast Forward. Another chance to see the adventure game show in which 20 men and women per week travel to Argentina to compete in physically demanding games on a purpose-built obstacle course - now condensed into half an hour. Richard Hammond presents from the studio, while Amanda Byram is on the spot to talk to contestants about their performance. (T) 9.00 Have I Got News for You. Actor Damian Lewis guest presents the satirical current affairs quiz alongside regular team captains Ian Hislop and Paul Merton. (T)

9.30 Reggie Perrin. Nicola's dad turns up for breakfast and Reggie's mother arrives unannounced just when he was hoping for a rare romantic evening at home. He also finds himself unable to get along with his colleagues and takes a step too far with Jasmine, the sexy new head of balms and lubricants. Martin Clunes stars, with Fay Ripley, Wendy Craig, Geoffrey Whitehead and Lucy Liemann. (T)

10.00 BBC News. (T) 10.25 Regional News: Weather. (T) 10.35 Friday Night with Jonathan Ross. With Eurovision hopeful Jade Ewen, composer Andrew Lloyd Webber, comedian and actor Rob Brydon, and supermodel-turned-novelist Sophie Dahl. Featuring music by the Enemy. (T)

11.35 The National Lottery EuroMillions Draw. Carole Machin presents the draw. (T) 11.40 FILM: Dark Water (2005). Horror remake, starring Jennifer Connelly. (T) Weatherview. (T) 1.20 Sign Zone: Yellowstone. (R) (T) 2.20 Sign Zone: DIV SOS. (R) (T) 2.50 Sign Zone: MasterChef. (R) (T) 3.50 BBC News. (T)



BBC2

6.00 CBeebies: Tikkabilla. (R) (T) 6.30 Teletubbies. (R) (T) Doodle Do Making Moments. (R) (T) 7.00 CBBC: Freefonix. (R) (T) 7.25 Newsround. (T) 7.30 Dani's House. (R) (T) 8.00 Scoop. (R) (T) 8.30 CBeebies: Big & Small. (R) (T) 8.40 Bob the Builder: Project Build It. (R) (T) 8.50 3rd & Bird. (R) (T) Mr Tumble Shorts. (R) (T) 9.10 Mister Maker. (R) (T) 9.30 Boogie Beebies. (R) (T) 9.45 Get Squiggling. (R) (T) 10.00 Nina and the Neurons. (R) (T) 10.15 Charlie and Lola. (R) (T) 10.30 In the Night Garden. (R) (T) 11.00 Schools: Words and Pictures. (T) 11.10 Razzle Dazzle. (T) 11.30 Science Clip Investigations. (T) 11.40 Look and Read. (T) 12.00 Daily Politics. (T) 12.30 Working Lunch. (T) 1.00 Snooker: The World Championship. The second session of the second semi-final. (T) 6.00 Eggheads. (T) 6.30 Great British Menu. (T) 7.00 Snooker: The World Championship. Rishi Persad presents live coverage of the third session of the first semi-final at the Crucible Theatre in Sheffield, featuring a further eight frames. (T) 9.00 English Heritage. The renovation of Park Hill Estate in Sheffield, South Yorkshire. (T) 10.00 Genius. Presenter Dave Gorman and comedian Stewart Lee discuss inventions, schemes and policies offered by members of the public. Suggestions include a website for reuniting lost socks. Last in the series. (T) 10.30 Newsnight. (T) 11.00 Newsnight Review. (T) Weather. (T) 11.35 Later with Jools Holland. (T) 12.40 Snooker: The World Championship. (T) 1.30 Medium. (R) (T) 2.15 Medium. (R) (T) 2.55 FILM: The Fiend (1971). Thriller, with Tony Beckley. (T) 4.25 Close.

Pick of the Day

Boy Meets Girl (ITV1 Granada, 9pm)

You can run but you can't hide from Marshall Lancaster and Angela Griffin this spring. The former is starring in series two of Ashes to Ashes, and the latter is appearing in likeable school drama Waterloo Road. Now they're back on the box in this new body swap comedy drama, featuring Martin Freeman and Rachael Stirling in the lead roles. "They get hit by electricity and they swap bodies. That's the basic premise," explains Angela. "It's the trials and tribulations of them trying to get back into their bodies and also trying to get people to believe what's happened to them." To fill in a few of the blanks, Danny Read (Freeman) is a drop-out DIY employee who finishes work for the night and heads to the electricity power yard to steal copper wiring to pay off his debts. It's raining as he climbs out of his 'borrowed' van. Nearby him in the lay-by, Veronica Burton (Stirling) pulls up having run out of petrol. After a flash of lightning strikes the pylon, there's a huge explosion. Danny wakes up in hospital and is horrified to discover he's now an attractive woman in her early thirties. His first impulse is to find out where the person he used to be has gone. But what quickly dawned on him is that no one knows and no one is missing him apart from friends Pete (Lancaster) and Fiona (Griffin).

C4

6.15 The Hoobs. (R) (T) 6.40 Planet Cook. (R) (T) 7.00 Freshly Squeezed. 7.30 Everybody Loves Raymond. (R) (T) 8.00 Everybody Loves Raymond. (R) (T) 8.30 Frasier. (R) (T) 9.00 Will & Grace. (R) (T) 9.30 Will & Grace. (R) (T) 10.00 FILM: How to Marry a Millionaire (1953). Comedy, starring Marilyn Monroe. (T) 11.50 My Eden. (R) (T) 12.00 Nets at Noon. (T) 12.30 Post Modern Pastimes. (R) (T) 12.50 The City Gardener. (R) (T) 1.25 FILM: Hanover Street (1979). War-time romantic drama, starring Harrison Ford. (T) 3.25 Countdown. (T) 4.15 Deal or No Deal. (T) 5.00 The Paul O'Grady Show. (T) 6.00 The Simpsons. (R) (T) 6.30 Hollyoaks. (T) 7.00 Channel 4 News. (T) 7.35 Unreported Daily. Daily life for the residents of Kabul, Afghanistan. (T) 8.00 A Place in the Sun: Home or Away. Choosing between the East Midlands and Malta. (T) 9.00 Ramsay's Kitchen Nightmares USA. A restaurant serving frozen and tinned food. (T) 10.00 FILM: Little Nicky (2000). When the Devil's two oldest sons cause havoc on Earth, the Prince of Darkness relies on their younger brother to save the day. Comedy, starring Adam Sandler and Patricia Arquette. (T) 11.40 4Music: The Album Chart Show. (T) 12.10 4Music: JD Set Presents Howling Bells. (T) 12.30 4Music: 4Play: The Maccabees. (T) 12.40 No Angels. (R) (T) 1.40 Mesh: Love Tube. (R) (T) 1.45 World Superbites. 2.10 Freeports on 4 Freeze. (R) (T) 2.40 Freeports on 4. (R) (T) 3.05 Hill Street Blues. (R) 3.50 Great Civilisations. (R) (T) 4.20 Time Team. (R) (T) 5.10 Countdown. (R) (T)

FIVE

6.00 Milkshake!: Miss Spider's Sunny Patch Friends. (R) (T) 6.10 The Adventures of Bottle Top Bill and His Best Friend Corky. (R) (T) 6.25 Fireman Sam. (R) (T) 6.35 Roary the Racing Car. (R) (T) 6.45 Peppa Pig. (R) (T) 6.55 Roobarb and Custard Too. (R) (T) 7.05 Olivia. (R) (T) 7.15 Little Princess. (R) (T) 7.30 The Mr Men Show. (R) (T) 7.45 Noddy in Toyland. (T) 8.00 Fifi and the Flowerbuds. (T) 8.15 Peppa Pig. (R) (T) 8.25 Thomas & Friends. (R) (T) 8.40 Pocoyo. (R) (T) 8.45 Bert and Ernie's Great Adventures. (R) (T) 8.50 Play! (R) (T) 9.00 Rupert Bear. (R) (T) 9.15 The Wright Stuff. (T) 10.45 Trisha Goddard. (T) 11.45 Colin and Justin's How Not to Decorate. (R) (T) 12.30 Zoo Days Shorts. (T) 12.45 Five News. (T) 12.55 Wordplay. (T) 1.45 Neighbours. (T) 2.15 Home and Away. (T) 2.50 Wordplay Plus. (T) 3.05 The Family Recipe. (R) (T) 3.10 FILM: Raising Weylon (2004). Romantic comedy, starring Poppy Montgomery. (T) 5.00 Five News: Weather. (T) 5.30 Neighbours. (R) (T) 6.00 Home and Away. (R) (T) 6.30 Zoo Days. (R) (T) 7.00 Five News at 7. (T) 7.30 The Grid. The Formula Drift Professional Drifting Championship Series. Last in the series. (T) 7.30 Five News Update. (T) 8.00 Police Interceptors: Special Edition. Police make so many arrests they run out of handcuffs. Last in the series. (T) 8.00 Five News at 9. 9.00 NCIS. Two bodies are found at a Navy building site. (T) 10.00 Num3rs. A supercomputer is suspected of murder. (T) 11.00 Criminal Minds. (R) (T) 12.00 Quiz Call. 4.00 The Gadget Show. (R) (T) 4.45 Wildlife SOS. (R) (T) 5.10 Neighbours. (R) (T) 5.35 Home and Away. (R) (T)

ITV1

5.30 ITV Morning News. (T) 6.00 GMTV. (T) 9.25 The Jeremy Kyle Show. (T) 10.30 This Morning. (T) 12.30 Loose Women. (T) 1.30 ITV Lunchtime News. (T) 1.55 London News and Weather. (T) 2.00 60 Minute Makeover. (T) 2.59 London Weather. (T) 3.00 Dickinson's Real Deal. (T) 4.00 The Biggest Loser. (T)

5.00 Golden Balls. Jasper Carrott hosts the show in which four contestants enter a game of truth and bluff to find life-changing amounts of cash hidden inside a set of golden balls. (T)

6.00 London Tonight; Weather. (T)

6.30 ITV Evening News; Weather. (T)

7.00 Emmerdale. Natasha resolves to get to the bottom of Mark's lies, Aaron decides to heed Cain's warning to stay away from his cousin, and Nicola learns the truth about Jimmy's love letter. (T)

7.30 Coronation Street. Norris offers his support to Rita as she, Julie and Eileen reassess their feelings for Colin. Ken tells Ted he has decided to do anything it takes to win back Martha's affections. (T)

8.00 Celebrity Chefs in Trouble: Tonight. (T)

8.30 Coronation Street. Ken is torn between duty to his family and dreams of Martha after she gives him an ultimatum. An ambulance is required after Colin's attempts to reconcile with Eileen go badly. (T)

9.00 Boy Meets Girl. New series. Comedy drama about a DIY shop worker whose life is turned upside down after he is struck by lightning - and finds himself trapped in the body of a glamorous female fashion journalist. Quickly adapting to life in high heels, Danny discovers his body-swap partner Veronica had a complicated love life and on a visit back to the shop he realises old friend Fiona is looking at him as she never did when he was a man. Martin Freeman and Rachael Stirling star. (T)

10.00 News at Ten and Weather. (T)

10.30 Pushing Daisies. One half of synchronised swimming duo the Aqua Dols is murdered - in a crime involving a shark - giving Lily and Vivian the chance to come out of retirement and stand in for their arch rivals as the Darling Mermaid Darlings at the travelling water circus. Ned and Olive go undercover as the aunts' management team to investigate the incident. Drama, starring Lee Pace and Anna Friel. Last in the series. (T)

11.35 FILM: The Rat Pack (1998). Fact-based drama, starring Ray Liotta. (T) ITV News Headlines. 1.40 FILM: On the Edge (2001). Drama, starring Cillian Murphy. (T) 3.05 ITV Nightscreen.

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LOCAL

RTP1
0630 Bom Dia Portugal 1000 Praça da Alegria 1300 News 1415 Chamas da Vida 1500 Sangue do Meu Sangue 1600 Vozes Que Abrid Abru 1905 O Preço Certo 2000 News 2100 Antos Pelo Contrário 2115 Pai à Força 2200 Duelo Final 2300 Ilhas Desconhecidas 0015 Chicago, film 0215 Prova de Amor 0400 Teleales

RTP2
0720 Zig Zag 1530 ABC Clância 1600 National Geographic 1700 Zig Zag 1830 A Fé dos Homens 1900 Sports 2045 Everyday Hates Chriss, series 2115 Grandes Livros 2200 News 2230 Brothers and Sisters, series 2330 Diga Lá Excelência 0015 Bastidores 0030 Notícias da Dois 0100 Palcos 0015 Euronews

SIC
0600 Sic Notícias 0900 Ligou, Ganhou! 1000 Fátima 1300 News 1415 Film 1615 Film 1815 Film 2000 News 2130 Tá a Gravar 2300 Caminho das Índias 2345 Podia Acabar o Mundo 0045 Criminal Minds, series 0145 CSI New York, series 0230 Quando o Telefone Toca 0430 Entourage, series

TVI
0700 Diário Da Manhã 1015 Você na TV! 1300 News 1400 Film 1600 Film 1815 Morangos com Açúcar 2000 News 2145 Euromillions 2200 Flor do Mar 2245 Feitico de Amor 2345 Olhos nos Olhos 0030 Film 0245 Sempre a Somar 0430 Law & Order: Special Victims Unit, series 0530 Teleales

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Best of the Rest

BBC3
7.00 Top Gear 8.00 Freaky Eaters 9.00 Kirsten's Topless Ambition 10.00 EastEnders 10.30 Snog, Marry, Avoid? 11.00 Two Pints of Lager and a Packet of Crisps 11.30 Family Guy 11.55 Family Guy 12.15 Bizarre ER 12.45 My Life As an Animal 1.45 Snog, Marry, Avoid? 2.15 Two Pints of Lager and a Packet of Crisps 2.45 Kirsten's Topless Ambition 3.45 Bizarre ER 4.15 My Life As an Animal 5.15 Close

BBC4
7.00 World News Today 7.00 Weather 7.30 Playing Elizabeth's Tune 9.00 Blues Britannia - Can Blue Men Sing the Whites 10.30 Blues at the BBC 11.30 Mad Men 12.15 The New Avengers 1.10 Blues Britannia - Can Blue Men Sing the Whites 2.40 Blues at the BBC 3.40 Close

ITV2
1.30 The Jeremy Kyle Show 2.35 The Jeremy Kyle Show 3.45 Ricki Lake 4.30 Ricki Lake 5.15 Sally Jessy Raphael 6.00 Judge Judy 7.00 Britain's Got Talent 8.00 Britain's Got Talent 9.00 American Idol 10.00 Katie & Peter: Stateside 11.00 Coronation Street 11.30 Coronation Street 12.00 The Justin Lee Collins Show 1.00 American Idol 2.00 Hey Paula! 2.20 Teleshopping 5.30 ITV2 Nightscreen

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Sky1
1.00 Don't Forget the Lyrics US 2.00 Tru Calling 3.00 Cold Case 4.00 Lion Man 4.30 Malcolm in the Middle 5.00 Bondi Vet 5.30 Futurama 6.00 Futurama 6.30 Oops TV 7.00 The Simpsons 7.30 The Simpsons 8.00 Guinness World Records Smashed! 9.00 Road Wars 10.00 Film: Lake Placid 15 (2000) 11.35 Prison Break 12.35 Alex Zane's Guest List 1.05 Road Wars 2.00 Road Wars 2.55 Stargate SG-1 3.50 Stargate SG-1 4.45 Cruise with Stellos: Caribbean 5.10 Top Design

GOLD
1.00 Last of the Summer Wine 1.40 Last of the Summer Wine 2.20 The Green Grass Grass 3.00 The Last of the Summer Wine 4.30 Just Good Friends 4.20 As Time Goes By 5.00 Whatever Happened to the Likely Lads? 5.40 One Foot in the Grave 6.20 My Family 7.00 Last of the Summer Wine 7.40 Last of the Summer Wine 8.20 The Green Grass Grass 9.00 The Royle Family 9.40 Only Fools and Horses 11.15 French and Saunders 12.20 Only Fools and Horses 1.30 The New Adventures of Old Christine 2.00 French and Saunders 3.00 Close

TCM
1.05 A Big Hand for the Little Lady U (1966) 3.00 The Go-Between PG (1971) 5.10 Springfield Rifle U (1952) 6.55 Best Friends PG (1982) 9.00 Caddyshack 15 (1980) 11.00 Star 80 18 (1983) 1.05 Fathers Day 12 (1997) 3.00 Star 80 18 (1983) 5.00 The Big Sleep PG (1946) The Disney Channel Kids' programmes from 7am, except: 6.00 Film: Dadsnap PG (2009) Premiere. Comedy adventure, starring Emily Osment. 10.00 Film: Dadsnap PG (2009) Comedy adventure, starring Emily Osment.

Sky Movies Drama

6.00 A Father's Son PG (1999) 7.45 The Legend of 1900 15 (1998) 10.00 Alex Zane's Guest List 10.30 Pride and Prejudice PG (2003) 12.30 On Broadway 12 (2007) With Joey McIntyre. 2.15 With Consenting Adults 15 (1992) With Kevin Kline. 4.00 What Dreams May Come 15 (1998) With Robin Williams. 6.00 August Rush PG (2007) With Freddie Highmore. 8.00 No Reservations PG (2007) With Catherine Zeta Jones. 10.00 The Thin Red Line 15 (1998) With Sean Penn. 12.50 American History X 18 (1998) With Edward Norton. 2.50 North Dallas Fort 18 (1979) With Nick Nolte. 4.50 Loss of Faith PG (1997)

Sky Movies Comedy

6.50 Splitting Heirs 15 (1993) 8.20 The Naked Man 15 (1998) 10.00 Blame It on the Bellboy 12 (1992) 11.30 Splitting Heirs 15 (1993) With Eric Idle. 1.00 Deuce Bigalow: Male Gigolo 15 (1999) With Rob Schneider. 2.30 The Heartbreak Kid 15 (2007) With Ben Stiller. 4.30 Norbit 12 (2007) With Eddie

Murphy. 6.15 Three and Out 15 (2008) With Mackenzie Crook. 8.00 Deuce Bigalow: Male Gigolo 15 (1999) With Rob Schneider. 9.30 The Heartbreak Kid 15 (2007) With Ben Stiller. 11.30 Norbit 12 (2007) With Eddie Murphy. 1.15 Three and Out 15 (2008) With Mackenzie Crook. 3.00 Blame It on the Bellboy 12 (1992) With Dudley Moore. 4.25 Special Delivery 12 (2008)

Sky Movies Action/Thriller

6.00 Pirates of the Caribbean: At World's End 12 (2007) 8.55 Arlington Road 15 (1999) 10.55 A Bridge Too Far PG (1977) 1.55 Flags of Our Fathers 15 (2006) With Ryan Phillippe. 4.10 Pirates of the Caribbean: At World's End 12 (2007) With Johnny Depp. 7.00 Next of Kin 15 (1989) With Patrick Swayze. 9.00 300 15 (2006) With Gerard Butler. 11.00 American Gangster 18 (2007) With Denzel Washington. 1.40 VI Warshawski 15 (1991) With Kathleen Turner. 3.15 The Corruptor 18 (1999) 5.10 NYC: Tornado Terror 12 (2008)

SPORT

Sky Sports 1

6.00 Good Morning Sports Fans 9.00 Big Fight Countdown 9.30 Transworld Sport 10.30 Live European Tour Golf. The Open de Espana. 12.30 Big Fight Countdown 1.00 The Rugby Club 2.30 Premier League World 3.00 Big Fight Countdown 3.30 Live European Tour Golf. The Open de Espana. 5.30 Off The Bar 6.00 Big Fight Countdown 6.30 Big League Weekend 1 7.30 Live European Rugby Union. Northampton Saints v Saracens (Kick-off 7.45pm). 10.00 Big Fight Countdown 10.30 Big League Weekend 1 11.30 Premier League Preview 12.00 Big Fight Countdown 12.30 Off The Bar 1.00 Big League Weekend 1 2.00 Premier League Preview 2.30 Big Fight Countdown 3.00 Off The Bar 3.30 Big League Weekend 1 4.30 Big Fight Countdown 5.00 Premier League Preview 5.30 Ocean Race

Sky Sports 2

6.00 Aerobics Oz Style 6.30 Adrenaline Adventures 7.00 WWE: Raw 9.00 Adrenaline Adventures 9.30 The Rugby Club 11.00 Big Fight Countdown 11.30 Premier League World 12.00 Live Masters Tennis. The Internazionali BNL d'Italia. Coverage continues at 7.30pm. 6.00 Adrenaline Adventures 6.30 Ocean Race 7.00 World Sport 7.30 Live Masters Tennis. The Internazionali BNL d'Italia. 9.30 Ocean Race 10.00 Rugby Union 12.00 European Rugby Union 2.00 Rugby Union 4.00 NFL: Total Access 5.00 Adrenaline Adventures 5.30 World Sport

Sky Sports 3

7.25 Premier League Darts 10.55 Live Cricket. Somerset v Durham. 6.00 Premier League World 6.30 Tennis. The Porsche Tennis Grand Prix. 8.15 Live Snooker. The World Championship. The second session of the first semi-final. 1.00 Live WTA Tennis. The Porsche Tennis Grand Prix quarter-finals. 2.45 Live Snooker: The World Championship. The second session of the second semi-final. 5.00 Eurogals Weekend 5.30 Live WTA Tennis. The Porsche Tennis Grand Prix. 7.15 Live Snooker: The World Championship. The third session of the first semi-final. 10.00 Eurogals Weekend 10.30 Yoz Magazine 10.45 Eurogals: One to One 11.00 UEFA Cup Football 12.30 Close

British Eurosport

7.30 UEFA Champions League 8.45 Eurogals: One to One 9.00 UEFA Champions League 10.00 Live Snooker: The World Championship. The second session of the first semi-final. 1.00 Live WTA Tennis. The Porsche Tennis Grand Prix quarter-finals. 2.45 Live Snooker: The World Championship. The second session of the second semi-final. 5.00 Eurogals Weekend 5.30 Live WTA Tennis. The Porsche Tennis Grand Prix. 7.15 Live Snooker: The World Championship. The third session of the first semi-final. 10.00 Eurogals Weekend 10.30 Yoz Magazine 10.45 Eurogals: One to One 11.00 UEFA Cup Football 12.30 Close

Sky Sports Xtra

9.00 UEFA Champions League 10.00 UEFA Champions League 11.00 Aerobics Oz Style 11.30 Racing News 12.00 Race World 1.00 European Tour Golf 1.30 World 4.00 Live Rugby Union. Cheetahs v Waratahs (Kick-off 4.05pm). 6.00 WWE: Raw 8.00 Big Fight Countdown 8.30 Big Fight Countdown 9.30 Premier League Preview 10.00 UEFA Champions League 11.00 UEFA Champions League 12.00 NFL: Total Access 1.00 Tight Lines 2.00 Golf Night 4.00 UEFA Champions League 5.00 UEFA Champions League

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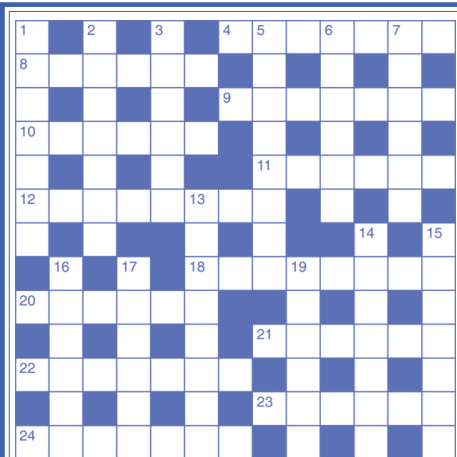
Fill in the grid so that every row, every column, and every 3x3 box contains the digits 1 through 9. That's all there is to it. There's no maths involved. The grid has numbers, but nothing has to add up to anything else. You solve the puzzle with reasoning and logic. It's fun. It's challenging. It's addictive! Solving time is typically from 10 to 30 minutes, depending on your skill and experience.

		5	8		4			
	6	1		9	7			
	7						2	1
				7			2	
6								9
	5			3				
4		8						5
				7	4		6	1
			1		5	8		

Last weeks solution:

2	1	7	4	3	8	6	9	5
5	9	6	2	7	1	4	8	3
4	8	3	9	5	6	1	7	2
6	4	1	5	8	3	9	2	7
7	2	8	6	1	9	5	3	4
9	3	5	7	4	2	8	6	1
1	6	4	8	7	2	3	5	9
8	5	2	3	9	4	7	1	6
3	7	9	1	6	5	2	4	8

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ACROSS

- Foretell (7)
- Undid (6)
- Idiotic (7)
- Bright (6)
- Acquire (6)
- Judgment (8)
- Cloudy (8)
- Annul (6)
- Run (6)
- Attribute (7)
- Is unable (6)
- Lower (7)

DOWN

- Admit (7)
- Protection (7)
- Alcove (6)
- Reply (8)
- Signify (6)
- Frank (6)
- Lonely (8)
- Brave (7)
- Ordinance (7)
- Diminish (6)
- Antenna (6)
- Iterate (6)

QUICK SOLUTIONS N^o: 237

Across: 1 Acknowledge; 9 Pan; 10 Vigilance; 11 Recur; 13 Apparel; 14 Ponder; 16 Beaten; 18 Imagine; 19 Cadet; 20 Tangerine; 21 Gun; 22 Protagonist.

Down: 2 Con; 3 Never; 4 Wigwag; 5 Ellipse; 6 Generated; 7 Appropriate; 8 Wellingtons; 12 Container; 15 Eminent; 17 Sewing; 19 Clean; 21 Gas.

Crossword No. 238

Upward Glimpse



with Joyce Voelker

Sign Language

Twice a week I attend Portuguese Sign Language classes at the Lisbon Deaf Association. My teacher is Deaf which is very important to me. Língua Gestual Portuguesa belongs to its native speakers, the Deaf. The more I learn, the more I realize that learning to communicate in signs is so much more than just manually transmitting Portuguese words. Like other signed languages from around the world, LGP has its own grammar and syntax. My instructor starts each class by teaching us a gesture. He does not give us a word that the gesture represents. Instead, week after week he attempts to help us understand that signs are concepts and feelings, not mere words on a vocabulary list. He begins by using the new sign in a short scenario so that we get an idea of the concept's meaning. He then proceeds to give several other examples of how the sign could be used. After he has shared a few examples it is our turn. Around the room we go each sharing examples of how we think the sign could be used. Often we are wrong, occasionally we are correct. Learning one simple sign may require several class periods in order for us all to understand the sentiment and significance attached to it.

Because everyone in the class can hear, we are often frustrated. We want sign language to corre-

late to spoken language. We want our teacher to show us a sign and then give us the word it represents. However, our wise teacher, doesn't think like we do. He thinks in pictures and images, concepts that cannot always be reduced to mere words on a page. Amid my usual frustration of this very time consuming learning method, it struck me today that there is a correlation to the life lessons God wants me to learn. God is not only concerned with us memorizing answers or being able to recite spiritual clichés. We can know a lot about the Bible and about God without ever really knowing God. God's desire for us is not that we can recite facts or define spiritual vocabulary like "propitiation" or "justification", but that we understand the meaning behind His eternal truths. He wants those truths to be embedded in our lives and experiences so that they become a real and vital part of who we are, influencing every aspect of the way we live.

"This means that anyone who belongs to Christ has become a new person.

The old life is gone; a new life has begun!" 2 Corinthians 5:17

*More information about how to have a relationship with God can be found at www.rbc.org/personal_relationship_with_god.page

Announcements

LONELY? BORED? Come and join out happy helpers and fund-raisers, 3 to 4 hours a week (or more!) Our charity shops welcome you. Every Euro raised goes to animals rescued from distress. Call Nan Richards at the Donkey Sanctuary in Estômbar for details of our work. Tel: 962 633 811.



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CAR BOOT Sale held every 3rd Sunday of the month at 'Restaurant Quinta dos Areões', adjacent to the veterinary clinic, in Espiche. Stallholders pay €3. All proceeds to help abandoned animals. Call Michele on 919 457 263 or e-mail me on Happyhounds@mail.telepac.pt for more information.

ABA CHARITY shop, Av. do Tennis, No 41D, Albufeira. Open Tues. to Sat. 10.30am till 2pm. Donations of bric-a-brac, clothes and books to be sold in the shop to raise funds for spraying and neutering of pets, to help stem the tide of unwanted animals, would be appreciated.

THE ANIMAL charity shop in Montechoro needs volunteers to help in the shop & to transport animals to the vet or abandoned animal's home 'Quintinha dos Animais' at Goldra, which receives part of the shops profits. Any help appreciated. Lesley - mobile 962 414 584.

DONKEYS, DOGS and kittens! Please call the Donkey Sanctuary if you can help home an animal in need. Mobile 965 019 796.

WANTED: THE donkey sanctuary needs your unwanted furniture, clothes, books and bric-a-brac for our charity shops in Lagoa and Monte Carvoeiro, all proceeds to aid donkeys in distress. We will collect larger items. Call Nan Richardson, 962 633 811, for details of our work for animal welfare. Please help.

TAVIRA TREASURE Charity Shop. Tavira Christian Centre, 126, Rua Almirante Candido Reis, Tavira. Come and browse. Come and bring. Clothing, Bric-a-Brac, Books. Open Wednesdays, 2.30-4.30pm or phone 281 322 857 for further details. Volunteers needed so we can open more frequently.

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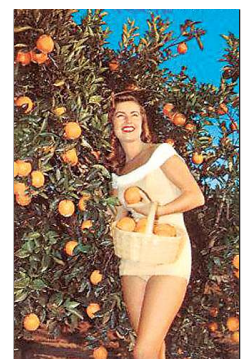
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April 25th Revolution – 35 years on



This Saturday Portugal will be commemorating 35 years of democracy following a bloodless coup on 25 April 1974 which resulted in the overthrow of the fascist dictatorship.

In the ensuing 35 years, Portugal has undergone dramatic changes on all levels.

People are living longer, child and infant mortality is now among the lowest in the world, while the number of immigrants living here has risen exponentially.

While Portuguese are having fewer children, the population has grown by two million the past three decades to a current figure of 10.6 million.

However, data supplied by National Statistics shows that the number of children aged 10 or younger has dropped from 1.6 million in 1970 to one million now, suggesting the increase in population has been partly the result of immigration.

From a total of only 32,000 foreigners legally residing here in 1970, 435,000 foreigners are now registered with the Portuguese immigration office as being permanent residents.

Emigration also took its toll on population figures, and in the years leading up to the 1974 revolution, an average of 100,000 Por-

tuguese were leaving the country each year.

This trend was reversed in the period after the revolution, with an estimated 500,000 Portuguese nationals returning from former African colonies after they had gained independence from Lisbon.

A vastly improved healthcare system has also seen increased longevity, with the number of citizens older than 70 more than doubling over the past 35 years from 560,000 to 1.2 million. Life expectancy is now 13 years longer for men and 15 years for women compared with 1970.

In 2007, the number of deaths also exceeded the number of births: 103,727 people died that year, while only 102,213 were born, making that year the first year in more than a century to record a negative population growth rate.

Nonetheless, the resident population grew by 19,500 that year due to immigration.

Rated as one of the best countries to have a child, Portugal has recorded phenomenal improve-



Photo of the commemorative celebrations on the 25 Abril last year between Marquês do Pombal and the Rossio in Lisbon. (Photo: Lusa / Manuel de Almeida)

ments.

While 58 out of every one thousand newborns were expected to die in 1970, this figure has now plummeted to 3.5 deaths per thousand.

Further illustrating the effect immigration has had on Portugal's population growth, one in every ten babies are currently born to foreign mothers.

Vatican looked at moving to Portugal



Secret plans were drawn up by the Vatican to elect a new Pope and possibly flee to Portugal should Hitler have carried out his threat to kidnap the wartime Pontiff, *The Daily Telegraph* revealed this week.

According to information which emerged over the weekend, *The Telegraph* claims that Pope Pius XII told senior bishops that should he be arrested by the Nazis, his resignation would become effective immediately, paving the way for a successor, according to documents in the Vatican's Secret Archives.

The article in the British daily explains further that bishops would then be expected to flee to a safe country – probably neutral Portugal – where they would re-establish the leadership of the Roman Catholic Church and appoint a new Pontiff.

"Pius said 'if they want to arrest me they will have to drag me from the Vatican'," said Peter Gumpel in comments to *The Telegraph*. Gumpel is the German Jesuit priest who is in charge of researching whether Pius should be made a saint, and therefore has access to secret Vatican archives.

Pius, who was Pope throughout the war, told his advisers "the person who would leave under these conditions would not be Pius XII but Eugenio Pacelli" – his name before he was elected Pontiff – thus giving permission for a new Pope to be elected.

"It would have been disastrous if the Church had been left without an authoritative leader," Father Gumpel was quoted as saying.

"Pius wouldn't leave voluntarily. He had been invited repeatedly to go to Portugal or Spain or the United States but he felt he could not leave his diocese under these severe and tragic circumstances." Vatican documents, which still remain secret, are believed to show that Pius was aware of a plan formulated by Hitler in July 1943 to occupy the Vatican and arrest him and his senior cardinals, *The Telegraph* reported.

On 6 September 1943 – days after Italy signed the September

3 armistice with the Allies and German troops occupied Rome – Pius told key aides that he believed his arrest was imminent.

General Karl Otto Wolff, an SS general, was told to "occupy as soon as possible the Vatican, secure the archives and art treasures and transfer the Pope, together with the Curia, so that they cannot fall into the hands of the Allies and exert a political influence."

Hitler ordered the kidnapping, according to historians, because he feared that Pius would further criticise the Nazis' treatment of the Jews.

He was also afraid that the Pontiff's opposition could inspire resistance in the Germans in Italy and other Catholic countries.

Some historians have claimed that General Wolff tipped off the

Vatican about the kidnapping plans and that he also managed to talk the Führer out of the plot because he believed it would alienate Catholics worldwide.

The latest revelations by *The Telegraph* are reported to be seen by some observers as a further attempt by the Vatican to bolster the case for Pius XII being declared a saint.

Pius has been accused of being anti-Semitic and of harbouring sympathies for the Nazi regime, most notably in the 1999 book *Hitler's Pope*, by British author John Cornwell.

But other Catholic and Jewish historians contend that in fact Pius was loathed by the Nazis for speaking out about the Holocaust and for behind-the-scenes efforts to save Italian Jews who otherwise would have been sent to death camps.

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